Steps to Follow to Reduce ASTHMA TRIGGERS in the Child Care Setting

A trigger is something that can make asthma worse. Here are common triggers and what you can do in your child care program.

- **Dust**
  - At the end of the day when the children are gone:
  - Wipe surfaces clean & remove clutter
  - Clean floors with a damp mop & vacuum carpets daily

- **Furry & Feathered Animals**
  - Keep furry & feathered pets such as dogs, cats, and birds out of your child care setting

- **Pests**
  - Keep garbage in tightly covered containers, food in air tight containers, and repair cracks in walls, floors & ceilings

- **Mold & Mildew**
  - Wipe up all spills and fix leaks so the wet areas are dry within 24 hours

- **Very Hot/Cold Weather**
  - Follow the child’s asthma treatment plan to know when the child needs to stay inside

- **Ozone and High Pollen Alert Days**
  - Plan play activities for indoors

- **Fumes & Strong Odors**
  - Avoid using products with strong odors like:
    - Cleaning supplies
    - Air fresheners
    - Art supplies
    - Scented body care products

- **Tobacco Smoke**
  - Provide a smoke free child care environment

- **Colds & Respiratory Infections**
  - Wash your hands & the children’s hands often; ensure all children receive a flu shot

- **Strong Emotion**
  - Calm the child down, have the child sit down & follow the child’s Asthma Treatment Plan

- **Exercise**
  - Some children may need to take asthma medication before active play; check their asthma treatment plan

- **Dust Mites**
  - Stuffed toys, dress up clothes, bed linens & blankets should be washed in hot water weekly

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