



Asthma Triggers in a Home Setting

Bedrooms



Carpets

House Dust Mites



How to avoid mites:

Sleep on top bunk



Minimal soft furnishings

Bathroom

Condensation

damp/mould

inadequate ventilation



aerosols

Kitchen

Gas cookers



Cleaning products

use extractor fan

when cooking

Living Room

Air fresheners/incense/candles

Open fires/wood burners



Pets

Smoke



Indoor flowers

Carpets

Outside

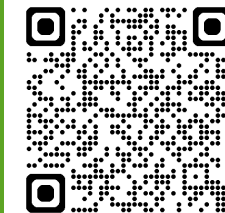
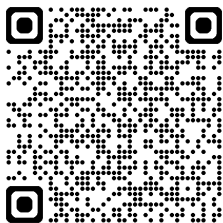
Car fumes/pollution



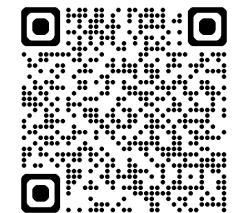
Pollen

Additional

DIY supplies such as paint
and brick dust



[Beat Asthma resources](#)



[Resources for young people](#)

This shows some things that can trigger asthma in some people, but not everything will be applicable to everyone.

For further tips on tackling mould visit www.nenc-healthiertogether.nhs.uk/child-under-5-years/navigating-everyday-worries