

WHAT YOU NEED TO KNOW ABOUT AIR QUALITY TRIGGERS AND ASTHMA



90%
THE AVERAGE AMOUNT OF TIME
PEOPLE SPEND INDOORS

COMMON INDOOR ASTHMA TRIGGERS

- HOUSE DUST
- MOLDS 
- PET DANDER 
- COCKROACHES
- SMOKING AND SECONDHAND SMOKE 
- STRONG SMELLS
- INFECTIONS
- FOOD AND MEDICINE ALLERGIES
- STRENUOUS EXERCISE
- STRESS AND STRONG EMOTIONS
- HEARTBURN AND REFLUX

\$8 Billion

THE ANNUAL COST ASSOCIATED
WITH ENVIRONMENTAL ALLERGIES

1 out of 5

AMERICANS SUFFER FROM
ENVIRONMENTAL ALLERGIES

INDOOR AIR QUALITY CAN
BE 5X WORSE THAN
OUTDOOR AIR QUALITY

4 Million

LOST WORK DAYS PER YEAR
AMONG AMERICANS DUE TO
ENVIRONMENTAL ALLERGIES

50%

LIKELIHOOD OF HAVING
ENVIRONMENTAL ALLERGIES
IF ONE PARENT HAS THEM

COMMON OUTDOOR ASTHMA TRIGGERS

- TREE, WEED, AND GRASS POLLENS
- MOLD
- AIR POLLUTION
- SMOKE
- CAR EXHAUST
- WEATHER



75%

LIKELIHOOD OF HAVING
ENVIRONMENTAL ALLERGIES
IF BOTH PARENTS HAVE THEM

YOU CAN CONTROL TRIGGERS

KEEP POLLUTION OUT

- MAKE YOUR HOME SMOKE FREE
- KEEP HUMIDITY LEVELS LOW
- FIX LEAKS AND DRIPS TO PREVENT MOLD
- DON'T USE SCENTED CANDLES OR AIR FRESHENERS
- USE LESS-TOXIC CLEANING AND HOUSEHOLD PRODUCTS
- DON'T STORE HAZARDOUS CHEMICAL INSIDE
- USE HARD SURFACE FLOORING AND DUST TWICE A WEEK TO KEEP DUST LEVELS DOWN

VENTILATE WITH CLEAN AIR

- USE EXHAUST FANS IN BATHROOMS
- MAKE SURE GAS APPLIANCES VENT OUTDOORS
- INSTALL CARBON MONOXIDE DETECTORS
- OPEN WINDOWS WHEN YOU PAINT OR USE CHEMICALS
- MAKE SURE AIR VENTS ARE NOT BLOCKED
- HAVE APPLIANCES INSPECTED AT LEAST ONCE A YEAR