

Guidelines for Managers

TO REDUCE ASTHMA TRIGGERS

Dust Mites

- ✓ Use filters for allergies (HEPA filters) in air vents.
- ✓ Remove carpet and keep humidity low in units.
- ✓ Replace drapes with blinds.



Mold and Mildew

- ✓ Provide exhaust fans in bathrooms and kitchens.
- ✓ Remove carpet and wallpaper from bathrooms and kitchens.
- ✓ Fix plumbing and water leaks promptly.
- ✓ Vent bathrooms and clothes dryers to the outside.
- ✓ Remove decaying debris from the yard, roof and gutters.
- ✓ Avoid using mulch in areas where children play.



Pets

- ✓ Do not permit pets with fur inside units.
- ✓ Use filters for allergies (HEPA filters) in air vents.
- ✓ Remove carpet from bedrooms or entire unit.



Air Quality

- ✓ Instruct residents on the proper use of gas cooking stoves.
- ✓ Be sure fuel burning appliances are vented outside.
- ✓ Select cleaning products and paints which have less toxic or non-toxic chemicals.
- ✓ Open windows and doors or turn on the exhaust fan when using these products.
- ✓ Limit use of any products with strong smells.
- ✓ Keep people with asthma away while cleaning.



Cockroaches (& Rodents)

- ✓ Fix water leaks in a timely manner.
- ✓ Check for and seal cracks and other openings inside and outside of buildings.
- ✓ Caulk and patch holes in unit walls and cabinets.
- ✓ Learn more about Integrated Pest Management (IPM) which is more effective than spraying.

* A detailed guide can be found at:
www.stoppests.org/what-is-ipm/guide¹



Secondhand Smoke

- ✓ Do not allow smoking inside units or buildings.
- ✓ Do not allow smoking within 25 feet of buildings.
- ✓ Remove the effects of smoke when cleaning a unit.
- ✓ Refer residents to the Quitline N.C. to quit smoking.



REFERENCES:

* StopPests.org: <http://www.stoppests.org>

Additional Asthma Resources



N.C. Asthma Program
www.asthma.ncdhhs.gov
919-707-5213



Centers for Disease Control and Prevention (CDC)
www.cdc.gov/asthma



Quitline N.C.
www.QuitlineNC.com
1-800-QUIT-NOW
(1-800-784-8669)



American Lung Association in N.C.
www.lungnc.org
1-800-892-5650 OR
919-719-9960



Spanish speakers:
1-855-DeJelo-Ya
(1-855-335-3569)



Environmental Protection Agency (EPA)
www.epa.gov/iaq



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