

# 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

## Additional

DIY supplies such as paint  
and brick dust

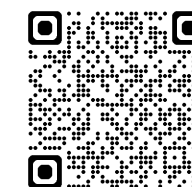
## Outside

Car fumes/pollution

Pollen



## Find out more...



[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 <https://www.nenc-healthiertgether.nhs.uk/parentscarers/worried-about-daily-life/damp-and-mould>