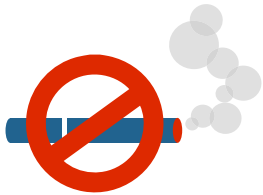




ASTHMA IRRITANTS TO AVOID

Asthma is a chronic disease that causes irritation and swelling of the airways, impacting the lungs and breathing. Asthma can affect Alaska Native people of all ages and in all parts of the state. For some people, asthma is a minor annoyance, but for others, it can be a life-threatening condition. If you or someone you know has asthma, avoid the following irritants to reduce your risk of triggering an asthma attack.



Environmental Tobacco Smoke (ETS)

Also known as secondhand smoke, ETS is found in the air where people smoke. ETS can trigger asthma attacks and irritate sensitive lungs.

Woodsmoke

If you have a woodstove, burn wood wisely. Burn the driest possible untreated wood available—it burns hotter, longer and cleaner. Consider upgrading your woodstove to an Environmental Protection Agency (EPA) certified woodstove. Burning wisely will reduce the amount of asthma triggering particulates released into the air from wood burning.

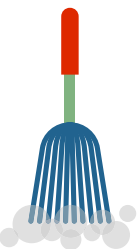


Cleaning Products

Mainstream cleaning products have chemicals in them that irritate lungs. Avoid buying products with chemicals like BPA, phthalates and parabens, and benzalkonium chloride or make your own cleaning products out of vinegar, baking soda and water.

Pet Dander

Pets shed more than just fur! Similar to dandruff, pets shed dander. Dander is an asthma irritant! Use a high-efficiency particulate air (HEPA) vacuum and keep pets out of sleeping areas to reduce the risk of irritation.

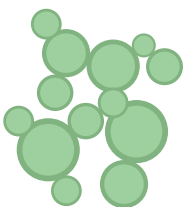
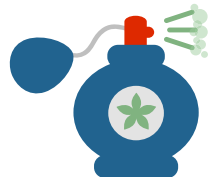


Dust and dust mites

Dust can be anything from chemicals to dust mite body parts to skin cells, and is all over. Reduce dust in your home by dusting weekly and washing bedding at least every other week. Dust mites like to live in bedding and trigger asthmatic and allergy attacks.

Fragrances

Fragrance in personal care products and cleaning products tends to be an irritant. Besides being an irritant, fragrance ingredients can include chemicals that haven't been tested for health impacts. Aim to buy fragrance-free products.



Mold

Mold is a lung irritant. To get rid of mold, first, fix your moisture problem. Turn on fans, and open doors and windows to lower the moisture in your home. Use a tool like a hygrometer to keep track of moisture in the air. Scrub moldy areas with vinegar and then pat dry.