

Managing Asthma Triggers in Residential Units:

A GUIDE FOR OWNERS AND PROPERTY MANAGERS

What is Asthma?

Asthma is a common chronic disease that affects the lungs. It often causes wheezing, shortness of breath, chest tightness, and coughing at night or early in the morning. These symptoms are known as an asthma attack. An asthma attack happens when you are exposed to things like dust mites and secondhand smoke. These are called asthma triggers.

Asthma Is a Serious Health Issue¹

- Asthma is a leading cause of hospitalizations for North Carolina children.
- A higher percentage of people with lower incomes have asthma.
- Women in North Carolina are almost twice as likely to have asthma as men.
- The number of people with asthma is on the rise.



Common Asthma Triggers



Dust Mites are tiny bugs you can't see. They live in sheets, blankets, pillows, mattresses, box springs and stuffed toys.



Mold and Mildew grow on wet surfaces like shower curtains, bathtubs, sinks and tiles. They can look like a dark stain.



Secondhand Smoke comes from burning cigarettes, pipes, or cigars. It's also smoke breathed out by someone who is smoking. It can stay on walls and other surfaces for a long time.



Cockroaches leave droppings which can trigger an asthma attack. When they die, their body parts are also triggers.



Pets lick their fur and leave behind an asthma trigger from their saliva called "dander".



Chemical Irritants are found in many products with strong smells, like household cleaners, paints and air fresheners.



Nitrogen Dioxide is an odorless gas that can come from using appliances that burn fuels like gas, wood or kerosene.

3 Steps to Reduce Asthma Triggers in Residential Units

1

Take advantage of resources and services available through the N.C. Asthma Program. Call 919-707-5213 or Visit: www.asthma.ncdhhs.gov

- Invite an **Asthma Educator** to give a presentation to the residents at your property about what they can do to prevent asthma attacks in their units.
- Provide your residents with these useful brochures:
 - *Managing Asthma Triggers In Your Home: A Guide for Residents of Multi-Unit Housing*
 - *Guidelines for Residents to Reduce Asthma Triggers*
 - *N.C. Resources to Assist People with Asthma.*

2

Inspect the units at your property for asthma triggers that need attention.

3

Follow guidelines to reduce asthma triggers at your property.

- See the brochure:
 - *Guidelines for Managers to Reduce Asthma Triggers*

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



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



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



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