

Asthma

Obj. 10.8: Identify environmental triggers for asthma in the home.



Asthma Triggers

Circle any of the following items you think a person with asthma would want to reduce or remove from their home:

- Cats
- Mold
- Dogs
- Secondhand smoke
- Dust mites
- Cockroaches
- Rodents
- Odorous cleaning products
- Incense & candles



Asthma Basics

Read the “Basic Information” handout on asthma from the CDC and answer the questions below:



What is asthma?	
How can you tell if you have asthma?	
What is an asthma attack?	
What causes an asthma attack?	
How is asthma treated?	

DISCUSS

Challenges of Asthma Management

Based on what you have learned, why do you think asthma can be a difficult chronic illness for some people to manage?



Asthma Home Environment Checklist

Read the “Asthma Home Environment Checklist” handout from the EPA.



Answer the questions based on the checklist:

- 1) Which triggers on the checklist do you think are most common in low-income homes?
- 2) Which triggers would be easiest for YOU to modify in your home?
- 3) Which triggers would be most difficult for YOU to modify in your home?
- 4) Which triggers would be most difficult for those in in low-income homes to modify?



ID Asthma Triggers

List 5 common triggers of asthma that might be found in the home:



Asthma Home Environment Checklist in YOUR Home!

Use the handout “Asthma Home Environment Checklist” to conduct an assessment of your home.