

PROTECTING YOURSELF FROM INDOOR ALLERGENS

For children with asthma, reducing exposure to possible triggers is an important step for preventing asthma exacerbations. Common indoor allergens include mice and cockroaches. To limit encounters with pests, try the following strategies:



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This message was developed by the Johns Hopkins BREATHE Center. A digital copy is available at [breathecenter.org](https://www.breathecenter.org)

1 Use Pest Control Services

Regularly receiving pest control can help control mice and cockroaches in your home.



2



Add Air Purifiers

Air purifiers can help improve indoor air quality by removing possible allergens.

3 Wash Bed Linens Frequently

Laundrying your bed linens often (and in hot water, if available), can reduce allergens that are accumulating on your bedding.



4



Add Allergen-Proof Mattress and Pillow Covers

Allergen-proof covers can reduce exposure to dust mites and allergens in the bedding.

5



Keep Food Covered and Out of Bedrooms

Uncovered food can often invite in pests. Keeping food covered and out of sleeping areas will limit the presence of pests and their allergens.