

File photo: No place for bullying

Diego Grez

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The Asthma and Allergy Foundation of America have put forward the top ten triggers for asthma in the home. The information is useful for asthma sufferers or their carers for minimizing the impact.

The **Asthma and Allergy Foundation of America** has issued the guidance because May has been declared the U.S. National Asthma and Allergy Awareness Month. This is the time of the year, bridging spring into summertime, when wheezing and sneezing becomes more prevalent.

The outdoor environment is outside of the sphere of influence; however, measures can be taken to lower impact upon asthma sufferers within the home. According to **Robin Wilson**, who represents the Asthma and Allergy Foundation of America, and who has written a book 'Clean Design: Wellness for Your Lifestyle', the key issues are:

Tobacco smoke. Here Wilson advises not to let any person smoke indoors. Second hand smoke can cause swelling and mucus production in the airways of the lungs.

Pet Dander. Pets should be kept out of bedrooms and off upholstered furniture.



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