

Prevention of Airborne Allergens at Home

The purpose is to facilitate, increase confidence and knowledge, and educate the healthcare provider and the caregiver/ patient on the effect of Mobile Health (mHealth) intervention on preventing substances that provoke allergic reactions or allergens via airborne and control asthma in Spanish-speaking parents of children diagnosed with Asthma.

1. What airborne allergens, such as house dust, cause asthma exacerbations?
 - a. Mites
 - b. Mold
 - c. Pollen
 - d. Animal dander
 - e. All the above
2. What is Dust Mite, and how to decrease exposure at home?
 - a. Microscopic creatures living in pillows, mattresses, blankets, and other soft materials must be washed every 2 weeks with hot water.
 - b. Macroscopic creatures living in pillows, mattresses, blankets, and other soft materials must be washed every 2 weeks with warm water.
 - c. Microscopic creatures that live in pillows, mattresses, blankets, and other soft materials must be washed weekly with hot water.
 - d. None of the above
3. What are Molds inside the home, and how can they be prevented?
 - a. They are visible as fuzzy mold or mildew growths, and diluted bleach can be used to eliminate them on shower curtains.
 - b. They are microscopic fungal organisms and, diluted with mild bleach, can be used to eliminate them on shower curtains.
 - c. They are visible as fuzzy mold or mildew growths, and no bleach can be used to eliminate them on shower curtains.
 - d. None of the above
4. What are some animal allergens, and how to decrease exposure at home?
 - a. Cats, dogs, and other mammals produce proteins in their skin that become airborne; by vacuum, the carpet can trap dander allergens.
 - b. Only cats and dogs produce proteins in their skin that are nonairborne and vacuuming can trap some of the dander allergens.
 - c. Cats and dogs produce little proteins in their skin that become airborne; by vacuum, the carpet may trap dander allergens.
 - d. None of the above