

Asthma Resources

- Allergy and Asthma Network, Mothers of Asthmatics
www.aanma.org
- American Academy of Asthma, Allergy and Immunology
www.aaaai.org
- American Lung Association of NC
www.lungnc.org
- Centers of Disease Control and Prevention (CDC)
www.cdc.gov/health/asthma.htm
- Environmental Protection Agency (EPA)
www.epa.gov/iaq/asthma
- North Carolina Asthma Program
www.asthma.ncdhhs.gov
- Dato Básicos sobre el Asma
www.cdc.gov/asthma/es/faqs.htm

Local Resources

- ARMC Pediatric Center
www.armc.com/pediatric-services
(336) 538-7036
- Healthy Alamance Child Asthma Coalition
www.healthyalamance.com
(336) 513-5590

**Environmental Health
will perform an indoor air
quality (IAQ)
consultation/audit for you
at not cost.**

**Please contact us for
additional information or to
schedule an IAQ consultation.**

**Environmental Health
Section
Alamance County Health
Department
209N. Graham-Hopedale
Road
Burlington, NC 27217**

(336) 570-6367

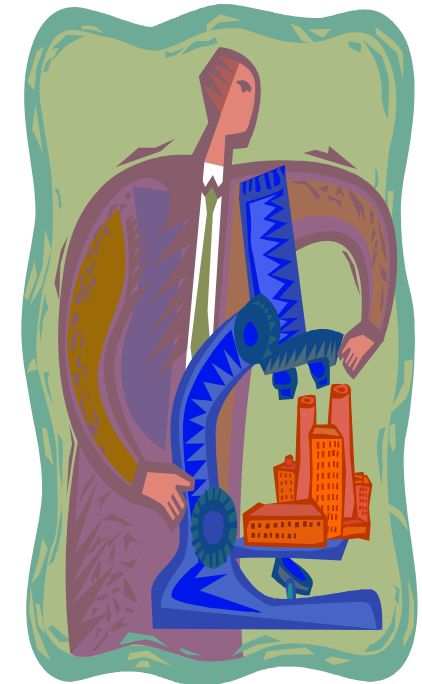
<http://www.alamance-nc.com/>



Alamance
County
Health
Department

EveryWhere. EveryDay. EveryBody.

ASTHMA AND INDOOR AIR QUALITY



**Alamance County Health
Department
Environmental Health
Section**

**Committed to Protecting and Improving
the Public's Health in Alamance County**

Why is Indoor Air Quality (IAQ) Important to You and Your Family?

Indoor air pollution can have significant, harmful health effects. Studies of human exposure to air pollutants indicate that the level of indoor air pollutants may be two to five times or greater than outdoor levels. The US Environmental Protection Agency (EPA) and its Science Advisory Board consistently rank indoor air pollution among the top five environmental health risks to the public.

IAQ problems may affect people in different ways. Individuals that may be particularly susceptible to indoor air contaminants include but are not limited to those with:

- Asthma, allergies, or chemical sensitivities.
- Respiratory diseases.
- Suppressed immune systems due to chemotherapy, radiation or disease.

In North Carolina during 2006, about half the children with asthma missed at least one day of school and about one third of adults missed work or couldn't carry out normal activities due to their asthma.

How Indoor Air Quality Affects Asthma

Asthma is a disease that affects your lungs. It is the most common long-term disease of children, but adults have asthma too. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be a life-threatening disease if not properly controlled through appropriate asthma care management.

If you have asthma, you have asthma all the time, but you will have asthma episodes only when something bothers your lungs. You can control your asthma by following the advice of your physician, knowing the warning signs of an episode and staying away from things that trigger an episode. An asthma episode can occur when you are exposed to triggers which are found in indoor air. Some of the most important indoor triggers are:

- Secondhand tobacco smoke
- Dust mites
- Cockroach allergens
- Some Pets
- Mold

Learn what triggers your attacks so that you can avoid the triggers whenever possible and be alert for a possible attack when the triggers cannot be avoided.

Make Your Home Healthy for Your Family

- ◆ Declare your home a smoke free zone. Second hand smoke can cause serious problems, especially for children.
- ◆ Keep dust mites and other allergens to a minimum. Wash bedding in hot water (at least 130°). Consider replacing carpet with area rugs that can be washed.
- ◆ Reduce exposure to pet allergens. Pets should be kept out of the bedroom of persons with asthma.
- ◆ Good ventilation reduces indoor air pollution. Run exhaust fans in bathrooms and kitchens to remove moisture and chemicals.
- ◆ Avoid using cleaning products that have toxic ingredients.
- ◆ Keep humidity below 50% and repair leaks that promote mold growth.