

Reducing Asthma Triggers in a Child Care Setting

Those with asthma may be more sensitive to certain aspects or allergens than those without. These aspects are called triggers, as they can trigger a reaction or discomfort.

Here are some common asthmatic triggers and how their effects can be minimized.

Dust Mites

Wet mop all hard floors, wipe down surfaces, wash any rugs, blankets, and stuffed toys in hot water.



Animal Allergens & Pet Dander

Keep the facility free of fluffy pets, such as dogs, cats, and birds.



Cockroaches

Store food in airtight containers and promptly mop, sweep, or wipe up spills and crumbs.



Rodents

Keep garbage in tightly covered containers and repair cracks in walls, floors, and ceilings.



Pollen

Keep windows closed (if the center has other sources of ventilation) and limit outdoor activities during high pollen times.



Medicine

Refer to the child's medical plan to determine appropriate medications.



Irritants in the Air

Enforce a smoke-free environment and avoid materials with strong fumes, i.e. air fresheners, scented cleaning products, and soaps.



Respiratory Infections & Colds

Reduce the spread of viral infections by washing hands. Be informed on specific needs one with comorbid conditions may have.



Exercise & Physical Activity

Be aware and knowledgeable of any quick-relief medication that can be used in cases of exercise-induced asthma.



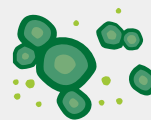
Weather

Limit outdoor activities in instances of extreme hot or extreme cold, and consider limiting activity on high pollen alert days.



Mold & Mildew

Be mindful of reducing dampness in areas of potential mold and mildew, such as bathrooms and sinks.



Strong Emotions & Feelings

Attend to the situation, remain calm, and have the child take deep, steady, and slow breaths.



Sources:
<https://aafa.org/asthma/asthma-triggers-causes/>
<https://aafa.org/wp-content/uploads/2022/08/asthma-care-for-adults-lesson-6-work-and-school-checklist-aafa.pdf>

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