

What Can You Do at Home to Reduce Asthma Triggers?

Here are some steps you can take to reduce allergy and asthma triggers in your home.

- **Quit Smoking** – When a person inhales tobacco smoke, irritating substances settle in the moist lining of the airways which can cause lead to an asthma attack. Erlanger offers a [Smoking Cessation Class](#) to help you succeed.
- **Don't Use Humidifiers** – Humidifiers can make asthma symptoms worse because dust mites (a common trigger) thrive on humidity.
- **Avoid Ozone-Generating Air Purifiers** – Some electrostatic air purifiers create ozone which can irritate the air-waves. Here is a [list of potentially harmful, ozone-generating devices](#).
- **Use Dust-Mite Covers** – Enclosing pillows and bedding in hypoallergenic dust-mite covers can do a lot to mitigate this common trigger.
- **Change and Upgrade Air Filters** – Change your home air filters every 60 days and use a filter with a MERV (minimum efficiency reporting value) rating of at least 8. You don't need to buy an expensive MERV 12 filter. A MERV 8-rated filter will do the job, filtering dust, pollen, dust debris, dust mites and pet dander.