

Healthier Homes Start Here

Asthma is the most common chronic illness for children in the United States. However, it can be successfully managed. Getting answers to the questions below will provide a snapshot of how well a child's asthma symptoms are being controlled.



IN THE PAST MONTH

How often has your child used a quick-relief (rescue) medicine?

0 • 1 – 2 times • 3 – 4 times • 5 or more times

What's the number of times your child has visited urgent care or the ER due to asthma?

0 • 1 – 2 times • 3 – 4 times • 5 or more times

Has your child been admitted overnight to a hospital for asthma?

0 • 1 time • 2 times • 3 or more times



How many days of school has your child missed due to asthma symptoms?

0 • 1 – 5 days • 6 – 10 days • 11 or more days

How often does asthma limit your child's activity?

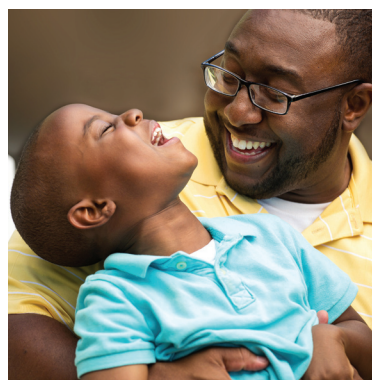
0 • 1 time • 2 times • 3 or more times

How often does your child wake up from sleeping due to asthma?

0 • 1 time • 2 times • 3 or more times

Does your child take daily medicine to control asthma symptoms?

Yes • No



Responses to the questions on the front may indicate that a more thorough home assessment is needed. If you're a healthcare provider or have children in your care or supervision, you can provide families with a few immediate steps to help reduce asthma triggers in the home. If the answer is yes to any of the questions below, please take the steps that follow.



IN-HOME CHECKLIST

■ Do you have carpeting in your house?

Vacuum carpets, area rugs, and floors frequently. If possible, use a vacuum cleaner with a high efficiency particle a (HEPA) filter.

■ Does anyone smoke in the home or car?

Do not allow anyone to smoke in your home or car; you should also have nonsmoking child care providers since secondhand smoke can also trigger asthma.

■ Does your child sleep on a mattress with a box spring?

Use dust-proof zipped covers on mattresses. Wash all bedding in hot water to get rid of allergens.

■ Does your child's asthma worsen around pets?

Keep pets out of sleeping areas and off furniture. If possible, keep pets outside and brush fur before entering the home again.

■ Are there heavy curtains or mini-blinds in the home?

Switch to window shades instead. If you've decided to keep the curtains, wash them in hot water once a month to remove dust buildup.

■ Is there evidence of cockroaches and/or rodents?

Minimize use of pesticide sprays to prevent triggering asthma. Instead use poison baits, boric acid, or traps to kill pests. Remove food, water sources and close holes and cracks.

■ Does your child's asthma worsen when around strong chemical sprays or odors?

Limit the exposure as much as possible. If used, do so when child is out of the home, follow manufacturer's instructions and make sure the area is well-ventilated.

■ Are you using an air conditioning window unit?

Investing in a quality pre-filter (the pre-filter is the filter you replace every month) for your air conditioner can help reduce asthma symptoms.

■ Are there a lot of stuffed animals in your home or the child's bed?

Limit the number of stuffed animals in the sleeping area. Make sure to choose washable toys and wash frequently in hot water.

■ Does your home have moisture or mold issues?

Fix all leaks, clean places where molds are likely to grow and keep all indoor spaces well-ventilated. Dampness and mold can worsen asthma symptoms.

HUD has additional resources, materials and apps that may be useful to families struggling to manage their child's asthma. Visit hud.gov/healthyhomes to learn more.



Download our Apps, Healthy Home Basics and Rebuild.

