Guidelines for Managers
TO REDUCE ASTHMA TRIGGERS

Dust Mites
✔ Use filters for allergies (HEPA filters) in air vents.
✔ Remove carpet and keep humidity low in units.
✔ Replace drapes with blinds.

Mold and Mildew
✔ Provide exhaust fans in bathrooms and kitchens.
✔ Remove carpet and wallpaper from bathrooms and kitchens.
✔ Fix plumbing and water leaks promptly.
✔ Vent bathrooms and clothes dryers to the outside.
✔ Remove decaying debris from the yard, roof and gutters.
✔ Avoid using mulch in areas where children play.

Pets
✔ Do not permit pets with fur inside units.
✔ Use filters for allergies (HEPA filters) in air vents.
✔ Remove carpet from bedrooms or entire unit.

Air Quality
✔ Instruct residents on the proper use of gas cooking stoves.
✔ Be sure fuel burning appliances are vented outside.
✔ Select cleaning products and paints which have less toxic or non-toxic chemicals.
✔ Open windows and doors or turn on the exhaust fan when using these products.
✔ Limit use of any products with strong smells.
✔ Keep people with asthma away while cleaning.
**Cockroaches (& Rodents)**

- Fix water leaks in a timely manner.
- Check for and seal cracks and other openings inside and outside of buildings.
- Caulk and patch holes in unit walls and cabinets.
- Learn more about Integrated Pest Management (IPM) which is more effective than spraying.

* A detailed guide can be found at:
  [www.stoppests.org/what-is-ipm/guide](http://www.stoppests.org/what-is-ipm/guide)

**Secondhand Smoke**

- Do not allow smoking inside units or buildings.
- Do not allow smoking within 25 feet of buildings.
- Remove the effects of smoke when cleaning a unit.
- Refer residents to the Quitline N.C. to quit smoking.

**Additional Asthma Resources**

- N.C. Asthma Program
  [www.asthma.ncdhhs.gov](http://www.asthma.ncdhhs.gov)
  919-707-5213

- Quitline N.C.
  [www.QuitlineNC.com](http://www.QuitlineNC.com)
  1-800-QUIT-NOW
  (1-800-784-8669)
  **Spanish speakers:**
  1-855-DeJelo-Ya
  (1-855-335-3569)

- Centers for Disease Control and Prevention (CDC)
  [www.cdc.gov/asthma](http://www.cdc.gov/asthma)

- American Lung Association in N.C.
  [www.lungnc.org](http://www.lungnc.org)
  1-800-892-5650 OR
  919-719-9960

- Environmental Protection Agency (EPA)
  [www.epa.gov/iaq](http://www.epa.gov/iaq)

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