

# Asthma Education

## Spring Is In the Air

Does the change of season have you sniffing and sneezing inside your own home? Perhaps pollen, mold spores or other air pollutants have infiltrated from outdoors. The simplest way to address your allergy and asthma



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triggers is to make clean air in your home a priority.

Here are some tips to keep spring-time pollen and mold spores at bay:

- Keep doors and windows closed.
- Change clothes and shower before bed to remove pollen from hair and skin.
- Limit outdoor time during peak pollen counts.
- Replace your home's air filters monthly.
- Do not hang your laundry outside to dry.

Enjoy spring to the fullest: Know your allergens and take steps to monitor and control your environment. Read more tips from Centers for Disease Control & Prevention (CDC)

at [www.cdc.gov/healthyhomes](http://www.cdc.gov/healthyhomes).

AANMA's *Indoor AIRepair™ at Home, School and Play* kit offers practical, room-by-room, family friendly tips to keep indoor environments free of allergens and irritants.

Cara Kraft, RRT, a certified asthma educator in Dallas, uses the kit to help her patients understand the importance of identifying asthma and allergy triggers and reducing exposures.

Get a free copy of the *Indoor AIRepair™ at Home, School and Play* by calling 800.878.4403 or emailing [mgieminiani@aanma.org](mailto:mgieminiani@aanma.org). The kit can also be downloaded free at [www.aanma.org/publication](http://www.aanma.org/publication).

*Reviewed by Eileen Censullo, RRT*



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