



PATIENT EDUCATION VISIT

Affix patient label here

Date ___/___/___

Reduce/avoid triggers (Environmental Control Strategy)*

- Common cold/flu**
 - Influenza vaccination every year.
- Smoke/irritants**
 - Get help to stop smoking. No smoking inside your home or around you.
 - Avoid wood-burning stoves, fireplaces, unvented stoves or heaters.
 - Avoid other irritants like perfumes, cleaning agents, sprays & incense.
 - Avoid outdoor exercise during high-pollution days.

- Roaches**
 - Keep food and garbage in closed containers. No food in the bedroom.
 - Use poison bait or roach traps.
- Animal dander** (e.g., cats, dogs)
 - It is best to remove the animal from house.
 - At a minimum, keep animal out of patient's bedroom.
 - Seal or put filter on air ducts that lead to bedroom.
- House-dust mite** (tiny bugs that live in cloth, sheets, and carpet; too small to see).
 - Encase mattress and pillow in allergen-impermeable cover.
 - Wash sheets and blankets in hot water weekly (water temperature must be hotter than 130 degrees F to kill mites).
 - Reduce indoor humidity to less than 50% (dehumidifiers or central air conditioning can do this).
 - Remove carpets from bedroom; keep stuffed toys off the bed.
 - Avoid sleeping or lying on cloth-covered furniture or cushions.
- Indoor mold**
 - Fix all leaks and eliminate water sources associated with mold growth.
 - Clean moldy surfaces with cleaner that has bleach in it.
 - Consider reducing indoor humidity to less than 50%.
 - Avoid humidifiers.

- Pollen from grass/trees/weeds**
 - During allergy season, stay indoors with windows closed, especially in the afternoon (pollen and some mold spores are highest at that time).
 - Air conditioning allows windows to remain closed and reduces humidity.
 - Wear allergen mask if you need to do yard work.

Other _____

4-4-2007 ROLD Patient Visit.pdf
 *Based on recommendations by National, Heart, Lung, & Blood Institute
<http://www.nhlbi.nih.gov/health/prof/lung/asthma/practgde/practgde.pdf>