

Cockroaches and their droppings are more than just pests.

# ROACHES



**CAN TRIGGER SEVERE ASTHMA ATTACKS.**



**Vacuum or sweep regularly  
to reduce your chances of having  
an asthma attack.**

**LEARN MORE AT:**

**[ControlAsthma.hawaii.gov](https://ControlAsthma.hawaii.gov)**



Up to 10 million dust mites can live in a used mattress.

# DUST MITES



**CAN TRIGGER SEVERE ASTHMA ATTACKS.**



**Wash sheets, pillowcases and stuffed animals regularly to reduce your chances of having an asthma attack.**

**LEARN MORE AT:**

**[ControlAsthma.hawaii.gov](http://ControlAsthma.hawaii.gov)**



Mold can grow anywhere, especially damp places.

# MOLD



**CAN TRIGGER SEVERE ASTHMA ATTACKS.**



**Dry your swimsuits, towels, and clothes before mold grows to reduce your chances of having an asthma attack.**

**LEARN MORE AT:**

**[ControlAsthma.hawaii.gov](http://ControlAsthma.hawaii.gov)**



Vape or smoke-filled air harms more than your lungs.

# SECONDHAND SMOKE & VAPE

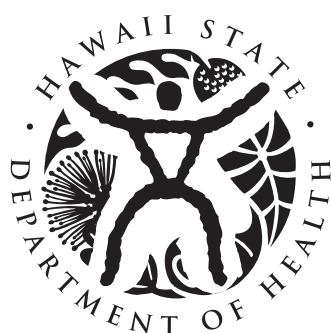
CAN TRIGGER SEVERE  
ASTHMA ATTACKS.



**Keep the air  
around keiki  
smoke-free to  
reduce their  
chances  
of having  
an asthma attack.**

LEARN MORE AT:

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