

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



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



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



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:

ControlAsthma.hawaii.gov



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