1. Tobacco Smoke

Ref: ([http://www.cdc.gov/tobacco/basic\_information/secondhand\_smoke/protect\_children/pdfs/protect\_children\_guide.pdf)https://www2.aap.org/richmondcenter/pdfs/thirdhand\_smoke\_exposure\_another\_threat\_to\_children.pdf](http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/pdfs/protect_children_guide.pdf)https:/www2.aap.org/richmondcenter/pdfs/thirdhand_smoke_exposure_another_threat_to_children.pdf)

<https://www.army.mil/article/114334/Thirdhand_smoke__a_new_tobacco_hazard_for_families>

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Children of parents who smoke are also more likely to have respiratory infections and asthma that is not well controlled.

When a person inhales tobacco smoke, irritating substances settle in the lining of the airways & can trigger a response causing an asthma attack, & cause chronic asthma to not be well controlled

Secondhand smoke (SHS): Secondhand smoke comes from lit cigarettes, cigars and vapor cigarettes. When someone breathes in secondhand smoke, they are exposed to the harmful chemicals and smoke which can trigger asthma

Those exposed to SHS, the smoke coming from cigarettes (also known as second-hand smoke) tend to have more infections that affect their breathing. They also tend to have more asthma than those who are not around this smoke. Breathing in second-hand smoke also leads to problems with allergies. Some of these problems include sinusitis and bronchitis.

Third hand smoke (THS) exposure” is smoke odor & chemical deposits that are created by a smoker and breathed in by a second person.

.Third hand smoke is tobacco by-products that are deposited on a variety of indoor surfaces and absorbed into upholstery, clothing, bedding, toys, and carpeting, leaving carcinogens that can't be washed away.

This residue is trapped in household dust, carpets, ceiling tiles, soft furnishings, as well as skin, hair and clothing. Also, these contaminants are slowly released back into the air where they are breathed in. These chemicals can trigger asthma and cause asthma to be not well controlled.

PRECAUTIONS TO BE TAKEN:

1. The smoker: Seek Education & assistance for smoking cessation - Get help with quitting smoking.

Keep a strict Smoke free home & all environments the person with asthma lives & uses.

1. Never smoke near person with asthma or in any spaces they frequent such as their home, or car
2. If the smoker is choosing to not seek smoking cessation, use strict precautions not to have smoke & chemicals be deposited on clothes & on surfaces where the person with asthma lives (furniture, bed, clothes, car, toys etc)

• Wash your hands, change clothes and brush your teeth after smoking and before holding or feeding babies and young children.

When smoking wear a cover up type jacket, wear a hat with hair pulled back & covered.

When done smoking leave cover up apparel outside come in & wash face & hands, brush teeth & change clothes before entering the home or car avoid immediate close contact with the asthmatic person.   
• Keep your home and car tobacco-free. Detoxify your home and car.

Outdoor smoking only , far distance form home & car, stay outdoors for a while after smoking to air out & exhale all residual smoke before going indoors.

• Open windows and doors to let in fresh air (if person with asthma can have windows open) & use a high-quality indoor air purification system.  
•Do a thorough cleaning weekly or more. Wash clothing, bedcovers, drapes and furnishings including windows, doors, walls, ceilings, kitchen cabinets, light fixtures, blinds and shades.   
• There is no proven way to date to wash away these chemicals fully so when making a smoke free home:

Remove any old smoke-filled wallpaper, carpets, upholstered furniture, curtains, stuff toys etc.

* Replace all heating and air conditioning filters regularly.

Some tips that may decrease the exposure to SHS/THS when living with person with asthma outdoor smoking only , far distance form home & car, stay outdoors for a while after smoking to air out & exhale all residual smoke before going indoors.

Dust Mites

Dust mites are tiny bugs that are in almost every home. If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Don’t use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom. Wash your bedding on the hottest water setting.

Outdoor Air Pollution

Outdoor air pollution can trigger an asthma attack. This pollution can come from factories, cars, and other sources. Pay attention to air quality forecasts on radio, television, and the Internet and check your newspaper to plan your activities for when air pollution levels will be low.

Cockroach Allergen

Cockroaches and their droppings can trigger an asthma attack. Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. At least every 2 to 3 days, vacuum or sweep areas that might attract cockroaches. Use roach traps or gels to cut down on the number of cockroaches in your home.

Pets

Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can’t or don’t want to find a new home for the pet, keep it out of the person with asthma’s bedroom.

Bathe pets every week and keep them outside as much as you can. People with asthma are not allergic to their pet’s fur, so trimming the pet’s fur will not help your asthma. If you have a furry pet, vacuum often. If your floors have a hard surface, such as wood or tile, damp mop them every week.

Mold

Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks. Humidity, the amount of moisture in the air, can make mold grow. An air conditioner or dehumidifier will help you keep the humidity level low. Get a small tool called a hygrometer to check humidity levels and keep them as low as you can—no higher than 50%. Humidity levels change over the course of a day, so check the humidity levels more than once a day. Fix water leaks, which let mold grow behind walls and under floors.

Smoke From Burning Wood or Grass

Smoke from burning wood or other plants is made up of a mix of harmful gases and small particles. Breathing in too much of this smoke can cause an asthma attack. If you can, avoid burning wood in your home. If a wildfire is causing poor air quality in your area pay attention to air quality forecasts on radio, television, and the Internet and check your newspaper to plan your activities for when air pollution levels will be low.

Other Triggers

Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an asthma attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can also trigger attacks.

Physical exercise; some medicines; bad weather, such as thunderstorms or high humidity; breathing in cold, dry air; and some foods, food additives, and fragrances can also trigger an asthma attack.