

Healthy Homes Principles

Keep it...

1. Dry
2. Clean
3. Pest-Free
4. Safe
5. Contaminant-Free
6. Ventilated
7. Maintained
8. Thermally Controlled



Asthma Triggers

- Mold and moisture
- Pet hair and dander
- Cockroaches
- Mice and rats
- Dust mites
- Tobacco smoke
- Chemical irritants
- Particulate matter
- Nitrogen dioxide
- Ozone
- Extreme temperatures

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Home Asthma Trigger Questions

- Where do you live?
- What is your home like?
- Does your family rent or own your home?
- Do you live in more than one place?
- Where do you sleep?
- Does anyone smoke?
- Do you have any pets?
- Do you have allergies?
- Is there a lot of carpet in your home?
- Is the HVAC air filter changed regularly?
- Is there water damage or mold?
- Any signs of mice or cockroaches?
- Any substandard housing conditions?



[TN.gov/HealthyHomes](https://www.tn.gov/HealthyHomes)

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