

Need Help?

Talk with your child's asthma team if symptoms happen more often, your child needs rescue medicine more than expected, or coughing and wheezing are interrupting sleep, school, or play.

Get help now if your child has:

- Trouble talking, walking, or drinking because of breathing
- Ribs pulling in or breathing very hard
- Blue or gray lips or face
- Rescue medicine is not helping



Call **911** or go to the ER for severe symptoms.



Follow your child's personal **Asthma Action Plan.**



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Pet Home Plan

Small changes can lower dog and cat dander in the home.

- ☐  Brush or groom the dog before coming inside after walks or outdoor play
- ☐  Wipe paws and coat before entering the house
- ☐  Keep pets off couches and upholstered chairs
- ☐  Keep pets out of the bedroom
- ☐  Use a HEPA air purifier
- ☐  Change central air / HVAC filters regularly
- ☐  Vacuum and dust often
- ☐  Wash hands after petting or playing with pets



Bring this pamphlet to visits and share what works best in your home.



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Pet Home Plan

A kid-friendly guide to reducing pet-related asthma triggers at home.



Little Lungs

— OF LONG ISLAND —

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What Is Pet Dander?

Pet dander is made of tiny skin flakes. Proteins from saliva and urine can also stick to fur, furniture, and dust.

Where it hides

- Couches and upholstered chairs
- Rugs and carpets
- Bedding and pillows
- Curtains and stuffed toys
- Heating and air vents



Common symptoms

- Coughing
- Wheezing
- Chest tightness
- Shortness of breath
- Itchy or stuffy nose



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How It Triggers Asthma

- 1 Dander gets into the air and onto surfaces.



- 2 A child breathes in the allergen.



- 3 The immune system reacts.



- 4 Airways become swollen, tight, and make extra mucus.



- 5 Symptoms can start or get worse.



Dander can spread even when a pet is not in the room

Allergens can travel on clothing, blankets, and in the airflow from central heat or air conditioning.



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What To Do

After walks or outdoor play

- Brush or groom the dog before coming inside
- Wipe the coat and paws before entering
- Wash hands after playing with pets



Make the home safer

- Keep dogs and cats off couches and upholstered furniture
- Keep pets out of the bedroom
- Use HEPA air purifiers in main living areas and bedrooms
- Change central air / HVAC filters regularly
- Vacuum with a HEPA filter if possible
- Wash pet bedding and family bedding often



These steps can lower dander, but they may not remove it completely. Follow your child's **Asthma Action Plan** and discuss symptoms with your asthma team.

