



## HEATING | AIR CONDITIONING | INDOOR AIR QUALITY

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### 7 Common Asthma and Allergy Triggers in Your Home

Many Americans are very familiar with respiratory discomfort – and Indianapolis residents are no exception. Asthma, for example, affects the quality of life for about 25 million of our fellow citizens, including an estimated 7 million children. Each year, almost 13 million people report having an asthma attack. Asthma accounts for over 15 million physician office and hospital visits, and nearly 2 million emergency department visits each year.

And that's not the only widespread respiratory ailment. At the same time, about 50 million Americans suffer from allergies.

Most people are well aware of the outdoor triggers that can cause respiratory problems, including car exhaust, smoke, pollen, road dust and factory emissions. Yet sometimes, inside the homes in Indianapolis, there can be just as many triggers.

According to the EPA, Americans spend up to 90 percent of their time indoors. The indoor allergens and irritants that enter or build up in your breathing space can play a significant role in triggering asthma attacks as well as allergic reactions. For example, here are several problem areas that could cause breathing issues:

- **Secondhand Smoke** – This covers smoke from a cigarette, cigar or pipe, as well as the smoke exhaled by the smoker. Secondhand smoke contains more than 4,000 substances.
- **Dust Mites** – Tiny bugs that are too small to see, dust mites feed on human skin flakes and are found in mattresses, pillows, carpets, upholstered furniture, bedcovers, clothes, stuffed toys and fabric and fabric-covered items.
- **Molds** – These can be found almost anywhere water is present.
- **Cockroaches and Pests** – Unpleasant to think about, but they leave behind droppings and body parts that aren't well tolerated by many respiratory systems.
- **Pets** – Pet dander can trigger reactions.
- **Nitrogen Dioxide** – This is an odorless gas produced by appliances that burn fuels such as gas, kerosene or wood.
- **Chemical Irritants** – Respiratory issues may be worsened by exposure to products such as cleaners, paints, adhesives, pesticides, cosmetics or air fresheners.

Around here, we're doing what we can to keep Indianapolis breathing well. To learn more about the air inside your home, contact Action Air to [schedule an Indoor Air Quality Analysis](#) that can identify trouble spots for your family's breathing.

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