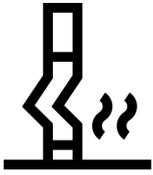


# Recommendations for a healthy respiratory life

## TOBACCO



Avoid exposing your child to environments with tobacco smoke. Do not smoke at home or in the car. Tobacco smoke permeates the environment and toxins persist in the atmosphere, as well as in fabrics such as clothing, upholstery, curtains, etc.

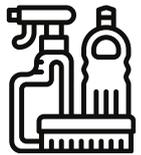
*I want to grow up smoke-free. A guide for moms and dads. [canalsalut.gencat.cat](http://canalsalut.gencat.cat)*

## PHYSICAL EXERCISE



The child needs to exercise regularly. The child can practice any sport, except bottle diving.

## HOUSING CONDITIONS



Avoid products with strong odors in the presence of the child (bleach, ammonia, paint, etc.). Avoid moisture stains. Do not use humidifiers. Ventilate and let in natural light.

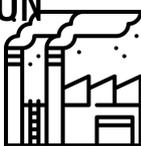
## FOOD



Obese children have a higher risk for asthma. Obese asthmatics have worse evolution and have more difficulty controlling the asthma. Follow a balanced and healthy diet. Avoid eating processed foods, and prioritize natural foods and the Mediterranean diet. Avoid sedentary lifestyle.



## ENVIRONMENTAL POLLUTION



Several pollutants have been implicated as agents aggravating asthma. In situations of high levels of environmental pollution, it is recommended to avoid outdoor exercise.

## ALLERGY



Food allergy as a trigger for asthma or bronchitis is uncommon. Avoiding food is not recommended unless there is a firm diagnosis of a food allergy.

## VACCINATION



Patients with asthma can be vaccinated annually against the flu.

# Specific recommendations

## MITES



Use anti-mite covers on the mattress and pillow.

Vacuum and scrub instead of sweep.

Wash bedding at 60 °C.

Store off-season clothing in closed bags.

Prioritize hot water or electric heating.

Remove the dust daily with a damp cloth.

Put easy-to-clean curtains.



Avoid anything that accumulates dust (stuffed animals, books, etc.)

Avoid blankets, rugs and carpets.

## ANIMALS

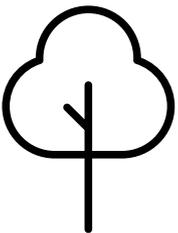


Avoid direct contact with animals if the children shown sensitivity to them.



If it isn't possible to avoid contact, wash them weekly and prevent them from entering the child's room.

## POLLEN



Inform yourself about the pollination season of plants and trees.

In times of pollination:

- Keep your home and car windows closed. Ventilate at mid-afternoon.

- Wear glasses if there are eye symptoms.

- Shower the children when you get home and change their clothes.



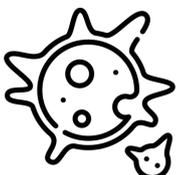
- Avoid sports and outdoor activities.

- Avoid dry clothes outside (use the dryer), as pollen can remain in clothes.

- This information can be consulted:

<http://lap.uab.cat/aerobiologia/es/>

## FUNGI



Avoid moisture stains.

Do not use humidifiers.

Avoid indoor plants.



Maintain good ventilation and let the sun in.

Use hot water or electric heating.