



HOW TO AVOID **COUGH** CAUSED BY IRRITANTS And ALLERGENS?

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Check local weather updates and avoid outdoor time on bad air days.



Make your home, car, and surroundings a smoke-free zone.

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Use allergen-proof mattresses, sheets, pillows, and covers.



Wash the bedding frequently.

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Vacuum the carpet, especially in the baby's room and play area, with a HEPA-filtered vacuum.



Take necessary measures to prevent pests in the house.

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If a furry pet is triggering attacks, you may need to find a new home for your pet or may keep the pet away from the baby and their room.



Use safe and mild cleaning agents, and keep the baby as away as possible when cleaning is in progress.

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References:

- 1 Hidden Allergens at Home; National Jewish Health
- 2 Reducing Allergens at Home; Cedars Sinai
- 3 Prevention of Allergies and Asthma in Children; AAAAI
- 4 Common Asthma Triggers; CDC