

Asthma: A Guide For Patients And Their Families

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Abstract

Asthma is a chronic respiratory condition that affects millions of people worldwide, impacting their quality of life and requiring ongoing management. It is characterized by inflammation and narrowing of the airways, leading to symptoms such as wheezing, shortness of breath, coughing, and chest tightness. Managing asthma effectively involves understanding triggers, using medications as prescribed (such as inhalers and oral medications), monitoring symptoms, and creating an asthma action plan in collaboration with healthcare providers. Education and support for both patients and their families are crucial in successfully managing asthma and reducing the frequency and severity of asthma attacks.



1. Introduction

Living with asthma can be challenging, but with the right knowledge and support, individuals and their families can effectively cope with the condition. It's important to identify and avoid triggers such as allergens, smoke, pollution, and respiratory infections whenever possible. Regular check-ups with healthcare providers help in monitoring lung function and adjusting treatment plans as needed. Educating family members about asthma, including recognizing symptoms and knowing how to assist during an asthma attack, can provide peace of mind and improve overall management. With proper care and attention, individuals with asthma can lead active and fulfilling lives.

2. Asthma Explained



What is asthma?

Asthma is a common condition that affects the airways in your lungs. People with asthma have sensitive airways that become inflamed when exposed to triggers. Inflamed airways make it difficult to breathe. This leads to symptoms like wheezing, coughing or breathlessness.

Asthma affects 1 in 9 Australian adults, and 1 in 5 children. However, anyone can develop asthma, even if you didn't have it as a child.

Sometimes asthma can flare up and your symptoms can become worse than usual — this is known as an asthma attack in Melbourne. An asthma attack may feel like you are not getting enough air. Some people compare it to breathing through a straw. It can happen rapidly, such as after exposure to smoke. It can also happen slowly over hours or days, such as after getting a cold.

A serious asthma flare-up needs urgent medical attention from a doctor or hospital emergency department.

You can have an asthma attack even if your symptoms are usually mild or well controlled. If you have a serious asthma attack, seek care.

What are the symptoms of asthma?



While asthma symptoms vary from person to person, the most common signs of mild asthma are:

- difficulty breathing
- wheezing
- coughing
- tightness in the chest
- a lack of energy

You may be having difficulty breathing if you feel breathless, even while resting. You may be unable to finish full sentences before needing to take another breath.

An asthma related cough can occur:

- at certain times (for example, at night, early in the morning, during cool weather)
- after certain activities (such as exercise)

During a severe asthma attack in Melbourne, you may notice more serious symptoms, such as:

- difficulty speaking

- blue lips
- reliever medicine does not help
- feeling very distressed or exhausted from trying to breathe
- deep sucking motions at the throat or chest while trying to breathe

What causes asthma?

Experts aren't sure why some people get asthma and others don't. You are more likely to have asthma if someone in your immediate family has asthma, hay fever, allergies or eczema.

Children are at a higher risk of developing asthma if:

- they were born premature or with a low birth weight
- their mother smoked during pregnancy
- they live in a house with people who smoke
- they have been exposed to air pollution or mould

Healthy adults can also develop asthma after extended exposure to:

- air pollution such as fumes that irritate the lungs
- breathing in dusts that they're allergic to

Athletes can get asthma if they constantly train hard while inhaling polluted, cold, or dry air.

Common triggers of asthma are:

- allergens such as pollen, dust, food items and mould (allergic asthma)
- smoke from cigarettes, bushfires and traffic pollution
- other irritants such as cleaning products, perfumes, aerosol products and certain workplace chemicals
- physical activity
- infection from viruses

Asthma triggered by physical activity is known as exercise-induced asthma in Melbourne. Asthma triggered by allergens in the air during stormy weather is known as thunderstorm asthma.

How is asthma diagnosed?

To diagnose asthma, your doctor may request:

- your medical history
- family details, such as whether your close relatives have asthma or allergies
- breathing tests to assess how well your lungs are working (such as spirometry)

Children under 5 years of age may find breathing tests difficult. Their doctor may prescribe some asthma medicine to take for a short time. Their doctor can use the results of the treatment to make a diagnosis. If their symptoms improve quickly with asthma medicine in Melbourne, it's likely that they have asthma.

How is asthma treated?



Asthma treatment helps:

- keep your lungs healthy
- prevent asthma symptoms from interfering with normal life
- prevent flare-ups or attacks

Your doctor may prescribe or suggest these treatments.

Medication

There are 2 main types of asthma medicines:

- relievers
- preventers/controllers

Asthma medicines are usually taken as a tablet or using an inhaler. Inhalers can be used with a spacer to make the medicine easier to take. Treatment will depend on how severe your asthma is, how old you are, and your lifestyle.

Using inhalers and spacers properly takes practice. It's important to learn to use them properly, to get the right amount of your medicine. You can watch the National Asthma Council's how-to videos on how to use your inhaler.

Asthma relievers

Asthma reliever medicine helps open your airways quickly to relieve your symptoms during an asthma attack. They work within minutes and the effects can last for hours.

A common reliever medicine is salbutamol (Ventolin). Use asthma relievers as prescribed by your doctor. You or your child may need to use asthma relievers in Melbourne more regularly until your symptoms are gone.

Asthma preventers/controllers

Asthma preventer medicine helps prevent asthma attacks and keep your asthma under control. Preventer medicines usually contain corticosteroids that are similar to the steroids your body produces. These treatments are anti-inflammatory.

Preventer medicine usually comes in inhaler form. It is usually taken every day, depending on how severe your asthma is.

Many preventer inhalers include a combination of a corticosteroid and a long-acting reliever medicine.

Oral corticosteroids, such as prednisolone tablets, are taken by mouth. Sometimes, short courses of oral corticosteroids may be used to help manage asthma flare-ups.

Some people have severe asthma that can't be controlled, even if they correctly take high doses of treatment. These people may need to be seen by a respiratory physician for more treatment. For more information on the treatment of severe asthma, you can visit the Asthma Australia website.

Avoiding asthma triggers

Asthma triggers cause your airways to narrow and lead to asthma symptoms. These triggers vary from person to person but avoiding or managing them can help to control your asthma.

Having an asthma action plan

If you have asthma, you and your doctor will put together an asthma action plan. This is a set of instructions just for you. It includes:

- a list of your usual asthma medicines and doses
- how to recognise symptoms of an asthma attack
- advice on what to do in an asthma emergency
- your doctor's contact details

3. Is Asthma Contagious? What You Need To Know About Causes



While some asthma symptoms may appear contagious, it does not spread from person to person. Learn about its causes.

Asthma is a condition that reduces lung function by narrowing and inflaming airways. It's common, often first appearing in childhood and affecting both children and adults, and about 25 million people [Trusted Source](#) overall.

Environmental factors like exposure to dust or smoke can trigger asthma attacks in some people. Different triggers can bring on different types of asthma. These include:

- adult-onset asthma
- exercise-induced bronchoconstriction (EIB)
- occupational asthma
- asthma-COPD overlap
- nonallergic asthma
- allergic asthma
- pediatric asthma

Some asthma symptoms can resemble conditions that are communicable (contagious), such as bronchitis or pneumonia. However, while people with asthma symptoms like a persistent cough may appear ill, asthma does not spread from person to person.

Is asthma contagious in humans?



Asthma is not contagious in humans. However, experts have found that asthma tends to run in families^{Trusted Source}. As a result, children of parents with asthma are at an increased risk of developing asthma.

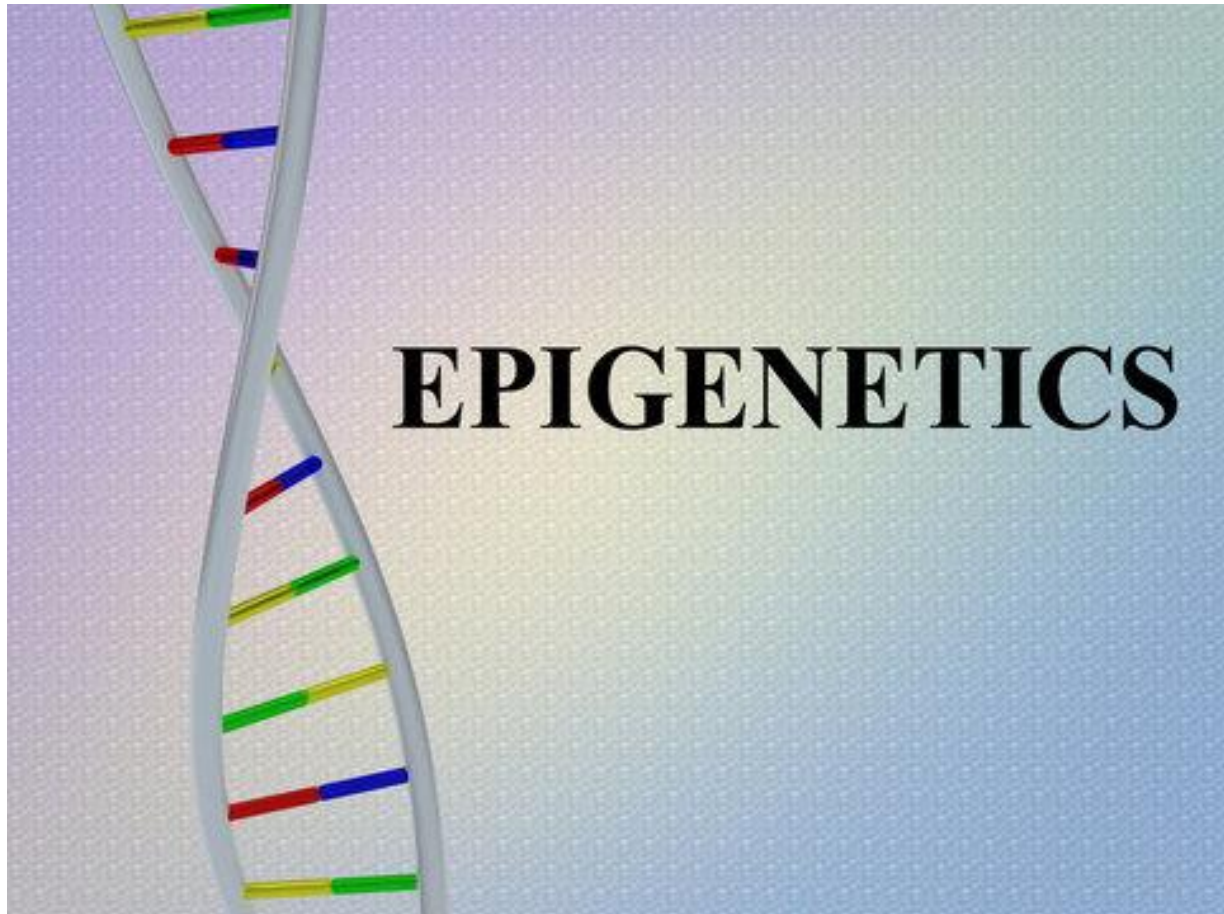
Asthma causes and risk factors

Many potential factors can cause a person to develop asthma or trigger an asthma attack. During an asthma attack in Melbourne, a person may experience severe symptoms like difficulty breathing, a persistent cough, or tightness in the chest.

Different environmental factors like exposure to dust or smoke can trigger or cause sudden asthma attacks in some people. These different triggers can spark different types of asthma, including adult-onset asthma, exercise-induced bronchoconstriction (EIB), occupational asthma, asthma-COPD overlap, nonallergic asthma, allergic asthma, and pediatric asthma.

Causes and risk factors for asthma include the following.

Genetics and epigenetics



Over the past few decades, scientists have established several gene markers that are associated with childhood-onset asthma and atopic asthma.

However, experts also acknowledge that genetics is just one factor in determining a person's risk for asthma. A developing field of research into epigenetics, or how certain genes you carry can be turned on and off depending on your environment, has found several genes that are linked to developing asthma in Melbourne — and conversely, some genes may be protective against asthma.

Epigenetic change does not change your DNA but instead affects its structure.

Allergies

Allergies are one of the most common triggers of asthma symptoms. Your body reacts to allergens such as mold, dust mites, pet dander, and pollen by triggering your body's immune system into action. When your immune system is triggered by an allergen, it can cause swelling in your lung's airways, making it harder to breathe.

Air quality and environmental factors



Asthma disproportionately affects People of Color, who — due to systemic racism — are most likely to live and work close to dangerous air pollution. This kind of pollution is known to sharply increase a person’s risk of developing asthma.

Climate change

Scientists studying the relationship between human health and the environment have found that the effects of climate change, such as increased snow, rainfall, and flooding, are linked to increased asthma risk.

Hormones

It appears that female sex hormones may also play a role in a person’s risk of asthma. Asthma in Melbourne are most prevalent and severe in women over the age of puberty. Asthma rates are highest in women with early periods and multiple pregnancies, suggesting a female sex hormone component in developing asthma.

When female sex hormones increase, such as during periods and pregnancy, asthma risk may increase. These hormones may increase inflammation in the body, affecting the airways.

Obesity

Scientists have identified obesity as another likely cause of asthma. It’s unclear how these two conditions are linked, though experts think it has to do with inflammation and reduced lung function caused by excess weight.

Premature birth

Premature birth may cause a baby to develop lung and breathing problems, including asthma. The bodies of premature babies are less developed, and this premature development can cause problems for babies throughout their lives into adulthood.

Triggers

Exposure to triggers is likely to cause asthma symptoms in people who have asthma. Sometimes these symptoms can be severe. Common triggers for asthma attacks include:

- acid reflux
- air pollution, such as factory emissions, car traffic, and wildfire smoke
- cold, dry air
- disinfectants and other cleaning products
- dust mites
- foods and food additives
- fragrances
- infections linked to colds, the flu, and viruses
- medications
- mold
- pests, such as cockroaches and mice
- pets with fur, such as cats or dogs
- physical exercise
- pollen exposure
- sinus infections
- strong emotions causing hyperventilation
- tobacco smoke, including secondhand smoke
- weather conditions like thunderstorms and high humidity

Can you prevent asthma?



While there's no sure way to prevent asthma, you can reduce your chances of developing asthma if you're at risk of developing it, or help prevent asthma attacks in Melbourne if you already have asthma.

If you already have asthma, most doctors will advise you to develop an asthma-management plan to avoid triggers so as not to experience the worst of your symptoms. A good asthma-management plan has four parts:

- Minimize your contact with known triggers.
- Take your asthma medications.
- Track asthma and recognize early warning signs of an attack.
- Make an emergency plan if you require immediate medical attention for your asthma symptoms.

Frequently asked questions

Below are some frequently asked questions about asthma that can clear up questions about how people get it.

Is asthma contagious through kissing?

Asthma is not contagious, through kissing or other means. Kissing can spread other communicable diseases, however, such as mononucleosis, the flu, COVID-19, and other viruses.

Is it safe to be around people who have asthma?



It's completely safe to be around someone with asthma although they may be shedding viral particles themselves.

However, if the person with asthma is easily triggered into asthma attacks, you should take care to avoid exposing them to their triggers. For example, if a friend with asthma is most commonly triggered by exposure to pet hair, avoid bringing your dog along when visiting them.

Is pneumonia from asthma contagious?

Pneumonia is a contagious short-term disease, unlike asthma in Melbourne. However, people with asthma are more likely to develop pneumonia and other lung-related illnesses compared to people without asthma, due to lung damage. While asthma is not contagious, pneumonia can be and it usually requires antibiotic treatment to overcome.

Is croup from asthma contagious?

People with asthma are at increased risk of illnesses affecting the lungs, including croup in children. The viruses that cause croup are contagious. However, the coughing and noisy

breathing caused by croup is not necessarily contagious. Children with croup are considered noncontagious once the fever has passed.

4. Treating An Asthma Attack



This procedure describes how to treat a student having:

- an asthma attack
- difficulty breathing for an unknown cause, even if they are not known to have asthma.

Note: For a student who is not known to have asthma, this treatment:

- could be lifesaving, if the asthma has not previously been recognised
- would not be harmful, if the cause of breathlessness was not asthma.

Warning: Immediately call 000 and ask for an ambulance and state a student is having an asthma attack if:

- the student is not breathing
- the student is having a severe or life-threatening attack
- the student is having an asthma attack and a reliever is not available

- you are concerned
- at any time the student's condition suddenly worsens, or is not improving
- the student is known to have anaphylaxis — follow their Anaphylaxis Action Plan, then give asthma first aid.

Delay in treatment may increase the severity of the attack and ultimately risk the student's life.

First time asthma attack

If a student appears to be having difficulty breathing but has not been diagnosed with asthma, the school staff should follow the school's first aid procedures. This should include immediately:

- locating and administering the reliever medication from the asthma emergency kit
- after the first 4 doses of reliever medication call 000 for an ambulance
- continue giving 4 doses of reliever medication every 4 minutes whilst waiting for the ambulance to arrive.

Step 1 — Sit the person upright

- Be calm and reassuring.
- Do not leave them alone.
- Seek assistance from another teacher (or reliable student) to locate the student's Asthma Action Plan and an asthma emergency kit if required. If the student's Asthma Action Plan in Melbourne is not immediately available, use asthma first aid as described below.

Step 2 — Give 4 separate puffs of blue or blue-grey reliever puffer



- Shake the blue or blue-grey reliever puffer.
- Use a spacer if you have one.
- Put one puff into the spacer.
- Student draws in medication from the spacer.

Step 3 — Wait 4 minutes

- If there is no improvement, give 4 more separate puffs of blue or blue-grey reliever as per step 2 and wait 4 minutes (or give 1 more dose of Bricanyl or Symbicort inhaler).

Step 4 — If there is still no improvement call 000 and ask for an ambulance

- Tell the operator the student is having an asthma attack.
- Keep giving 4 separate puffs, every 4 minutes until emergency assistance arrives (or 1 dose of Bricanyl or Symbicort every 4 minutes — up to 3 more doses of Symbicort).

Step 5 — If asthma is relieved after administering asthma first aid stop the treatment and observe the student

- Notify the student's emergency contact person and record the incident.

5. Asthma Diet: What You Need to Know



While there's no specific asthma diet to alleviate your symptoms, eating whole, nutrient-rich foods can help you maintain a healthy body weight. Being overweight can worsen asthma symptoms, so it's taking steps to eat a balanced diet might help you with your condition.

Nutrient-dense foods high in vitamin D and fruits and vegetables are recommended, while fast food and foods that cause gas should be avoided.

This article will discuss the best foods to eat as a part of your overall asthma treatment plan. It will also discuss foods to limit and avoid.

What's the Impact of Diet on Asthma Symptoms?

Eating a healthy, balanced diet with the right foods and nutrients can improve your overall health, including your lung health.

Moreover, research shows that following a Mediterranean diet rich in fish, olive oil, fruits and vegetables, whole grains, and legumes can help reduce asthma symptoms or prevent the condition altogether.

Plant-based diets that emphasize fresh fruits, vegetables, and whole grains while limiting the intake of dairy and high-fat meats, can also protect against asthma development and improve asthma symptoms.

These foods are rich in compounds and antioxidants that can fight inflammation and oxidation caused by toxins we're exposed to daily.

Foods to Eat

Although there's no specific food or asthma diet to improve asthma symptoms, it's essential to eat a well-balanced diet as a key part of your treatment plan. In general, the best diet for asthma involves including more fresh fruits and vegetables and foods high in antioxidants, vitamins, and magnesium.

Fresh Fruits and Vegetables



If you're looking for a way to improve your diet while living with asthma, incorporating more fresh fruits and vegetables is a great place to start. Not only are they low in calories to promote a healthy weight, but they also contain essential nutrients that can support a healthy lung function.

Fruits and vegetables are packed with antioxidants like beta-carotene and vitamins C and E. Studies have shown diets high in fruits and vegetables, especially apples and oranges, can reduce the risk of developing asthma and reduce wheezing.

Bananas may also decrease the incidence of wheezing in children due to their antioxidant and potassium content, which can improve lung function.

Other important fruits and vegetables to include in your diet include broccoli, berries, leafy greens, melon, and avocado.

Vitamin A

Vitamin A, also known as carotenoids, may improve lung function in adults and children. Thanks to its powerful antioxidant properties, vitamin A can help fight oxidative stress and support a healthy immune system.

Studies show that a high dietary intake of foods rich in vitamin A such as tomatoes, carrots, and leafy vegetables can improve lung function and reduce attacks in adults with asthma.

Vitamin D

Vitamin D supports a healthy immune system and can reduce airway inflammation. Studies also show that vitamin D supplementation may reduce the rate of asthma attacks requiring treatment with corticosteroids.

In addition to getting adequate sun exposure, foods like salmon and fortified dairy or dairy alternatives are high in vitamin D.

Vitamin E

Vitamin E contains a compound called tocopherol that serves as a powerful antioxidant. It also can decrease symptoms of asthma such as wheezing and coughing.

Good sources of vitamin E include nuts, mustard greens, broccoli, and kale.

Foods Rich in Antioxidants

Antioxidants can protect your cells against damage and support healthy lungs.

Foods Rich in Antioxidants include:

- Dark chocolate
- Pecans
- Blueberries
- Artichokes
- Strawberries
- Goji berries
- Kale
- Raspberries
- Red cabbage
- Beets
- Spinach

Foods Rich in Magnesium



In recent years, a growing body of evidence has emerged to support the use of magnesium supplements to reduce inflammation and relax the bronchial muscle to allow air to leave the lungs.

Whole Grains

Eating whole grains can reduce the symptoms associated with asthma. One study published in 2018 found that people who ate an overall healthy diet rich in whole grains experienced fewer asthma symptoms and overall greater asthma control.

Additional Foods to Eat

Other important foods to eat include:

- Eggs
- Cheese
- Poultry
- Seafood
- Cereals
- Healthy fats like olive oil, seeds, and fatty fish

Foods to Avoid

According to the Australian Lung Association, there are certain foods and chemicals found in foods that should be avoided because they may worsen symptoms of asthma. It's important to also keep in mind food allergens and restrictions will vary among individuals.

Foods That Cause Gas

Avoid foods such as beans, carbonated drinks, garlic, onions, and fried foods. These may cause gas or bloating, making it more difficult to breathe. This can result in chest tightness and asthma attacks.

Sulfites

Sulfites are chemicals commonly added to foods and beverages to improve their taste, appearance, or shelf life. Things such as sauerkraut, dried fruit, and pickled foods are very high in sulfites. Beverages like wine, alcohol, and grape juice are also high in sulfites. These products can worsen symptoms and lead to adverse reactions in some people with asthma.

Salicylates

Salicylates are chemicals naturally present in tea, coffee, and some spices. Though it's very rare, some people with asthma may be sensitive to foods or beverages with salicylates.

Fast Food

In general, fast food should be limited because these foods contain high levels of saturated fat, additives, and sodium. For those with asthma in Melbourne, it can pose greater health risks and worsen symptoms.

According to one study published in *Respirology*, those who ate fast food, especially hamburgers, were more likely to have severe asthma and wheeze than those who consumed fast food less than twice per week.

6. Asthma-friendly Home



About asthma triggers

Most people with asthma find their symptoms get worse when they are exposed to certain triggers. Some of these triggers can be found in and around the average home.

There are many ways in which you can transform your home into an asthma-friendly environment.

Asthma triggers in the home

Some of the more common household asthma triggers include:

- dust – in the air, can be made up of many types of small particles
- dust mites – which love warm, moist conditions and thrive in bedding and carpets. Their droppings cause the allergic reaction
- moulds – which need moist environments with poor ventilation
- pollens – from trees, plants and grasses
- pets – because of their fur, skin or scales (called 'dander')
- other triggers – including cold dry air, smoke and the scent of cleaning products, deodorants, air fresheners, essential oils, incense and perfumes.

Asthma and dust in the home

Dust contains many allergen particles. Some suggestions on how to cut down on the amount of dust in your home include:

- Avoid carpets. If choosing carpet, select short pile or loop carpet, nylon and solution dyed.
- Vacuum or mop floors regularly (preferably when the person with asthma is not in the vicinity).
- Hot wash all bedding and soft toys above 55°C every week and dry in direct sunlight.
- Air blankets regularly in direct sunlight.
- Use a damp cloth to dust furniture instead of dry dusting.
- Replace curtains with vertical or roller blinds, which are easier to clean.
- Put doors on any open shelving units.
- Regularly clean ceiling fans and air conditioning vents.
- Vacuum and clean furniture frequently.
- Use damp towels around doors and windows to improve seals if they are leaky or draughty.

However research in this area has inconsistent findings, with most finding a small reduction in asthma symptoms in both adults and children when dust is decreased.

Pets and an asthma-friendly home

If you don't want to get rid of any furry pets, there are ways of minimising their impact, including:

- Have your pets live outside.
- Keep pets out of the bedrooms.
- Brush or groom pets outside.
- Regularly bath furred animals, unless this puts the animal's health at risk.
- Clean out cages or litter boxes regularly.
- Regularly clean or vacuum floors, curtains and upholstery (or have someone who is not allergic to the animals do so).

Grow a 'low-allergen' garden

Ways of reducing the amount of allergens in your garden include:

- Replace lawn with bricked or paved areas.
- Avoid gardening on windy days when pollen may be airborne.
- Monitor pollen websites and apps.
- Ensure your asthma is well controlled.
- Choose Australian native plants and brightly coloured, large flowering plants that are pollinated by birds or insects rather than wind, as they don't release pollen into the air.
- Avoid plants with strong fragrances or odour (such as jasmines), especially planted next to entrances, entrances or windows. (Roses are an exception.)
- Avoid rye grass.
- Choose native or slow-growing, low or no pollen grass that does not require frequent mowing.
- Use inorganic mulches such as pebbles or gravel to reduce weeds and mould spores.
- Weed the garden often to avoid weeds flowering or seeding.
- Avoid compost heaps.
- Garden in the morning – the garden is not as dry and pollens and grasses stay on the ground.
- Have gardening clothes, and shower and change after gardening to avoid bringing the garden into the home.
- If a plant is of concern, remove it.
- Discuss plans for new plants or a new garden with your local garden experts or botanical gardens.

6.1. Maintain Your Home's Air Quality



In the last decade, the outdoor air quality has been quite poor. From wildfire smoke to industrial smokestacks, all come to our mind when think about the air pollution. While it's true that the air is polluted outdoors, indoor air pollution is also something everyone in Melbourne should focus on very carefully. Studies from many environmentalists suggest that air pollutants in your home are even worse for your health than outside.

It is important to consider the factors that are contributing to indoor air pollution, such as dust, pollen, mould spores and debris and remove all the grime using proper tools and cleaning techniques.

If you're leaving your rental property anytime soon and want to get your bond money back, it's a good to hire a company that offers an expert end of lease cleaning Melbourne. They follow a pre-approved checklist to transform your dirty premises into a dust-free and well-maintained state.

If you want to maintain your home's air quality all year round, here are the steps you can follow to breathe fresh and clean air.

Replace Or Clean Your AC Filter

The air conditioner does a great job of maintaining a good temperature indoors. It also filters out a few of the most common air pollutants.

Over time, the filter wears down and stops working due to the accumulation of airborne particles, pollen and dust. If you keep the AC running without replacing the filter, it will

affect the air quality negatively, and also takes a toll on the air conditioner, which leads to additional and potentially expensive repairs in future. So, it is good to replace the filters in every six months or whenever required.

You can also clean them using the following DIY guide:

- Use a gentle brush to scrub off the dirt
- Make a paste using baking soda and water for a more thorough cleaning. Apply it and then use a gentle brush.
- Use a can of compressed air to blow out the dust from the filter.
- Clean the AC filter at least once a month during the usage season.

Regular Dusting

Dust is a host of multiple health issues, containing allergens like mould spores, dust mites, pollen, etc. If exposed, allergic reactions can be triggered in sensitive individuals, causing symptoms such as skin rashes and watery eyes.

Additionally, inhaling dust particles can upset the respiratory tract, making way for symptoms such as sneezing, coughing and throat irritation. For this reason, regular house cleaning and dusting becomes a must for every household.

Regularly dust surfaces of your furniture, dining table, shelves, work desks; etc can significantly reduce the indoor air pollution. Instead of using a feather duster, use a microfiber cloth which is designed to attract and trap dust particles, making it the best choice for dusting. They efficiently capture smaller particles often missed by the generic cleaning cloths.

By using this method, you can ensure that dust stays away from your home at all times. You can also hire professional end of lease cleaners Melbourne if moving out of a rental property. They can help you clean the entire property in a streamlined manner.

Vacuum Your Carpets Often

HEPA (High-Efficiency Particulate Air) filters can catch the airborne particles and dust embedded deep inside the fibres of your carpets, rugs and upholstery furniture. It can capture particles as small as 0.3 microns with a stunning efficiency of 99.97%, ensuring your carpet is always allergy-free.

Furthermore, these filters prevent the dust particles from getting released back.

The ideal cleaning frequency can be once or twice a week, depending on how much dust it gathers.

It is also good to steam clean your carpets to keep stains, germs, grime and embedded dust at bay

Get Rid Of Mould And Mildew

According to experts, mould spores and mildew can lead to indoor air pollution. It can also affect the respiratory system and cause various health hazards. Make sure you identify the signs of mould and repair the water leakage or damage issues in your bathroom and kitchen because mould loves to grow in damp and dark areas.

You can use vinegar, warm water and liquid detergent solution to remove mould from bathroom surfaces, shower area, curtains, basements and other surfaces.

Buy Indoor Plants



Indoor plants are natural air purifiers, so it's a must-have for people looking to improve their home's air quality. They remove contaminants like trichloroethane and formaldehyde from the air and replace them with oxygen. Ficus, ferns, bamboo palms, and lilies are the most effective plants for the job.

These plants will keep the air pollutants away and act as a decorated piece in your home.

Use A Dehumidifier

Experts recommend keeping your home at the most suitable humidity level to maintain a healthy air environment. You'll need a dehumidifier to keep the humidity away and maintain the air quality.

Apart from this, open your windows for proper ventilation, and get rid of dust mites to create a clean, healthy and hygienic indoor environment.

Conclusion

In conclusion, asthma requires a comprehensive approach that involves not only medical management but also education, lifestyle adjustments, and support from loved ones. By understanding asthma triggers, adhering to prescribed medications, and having an asthma action plan in Melbourne, patients can better control their symptoms and reduce the risk of exacerbations. Open communication with healthcare providers and a proactive approach to self-care are essential for managing asthma effectively and improving overall well-being. With proper management and support, individuals with asthma can continue to pursue their goals and enjoy a good quality of life.

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