

Living Health Topic: Asthma and Allergies



**Your home could be making you and your family sick.**

Many substances commonly found in the home can aggravate allergies or increase the severity of asthma symptoms in individuals who are sensitive to these allergens or irritants.

If you or someone in your family has allergies or asthma, there are steps you can take to make your home a healthier place.

Start by avoiding common causes of attacks, including:

- Mold or dampness
- Dust mites (tiny bugs that live in dust)
- Cockroaches (roaches and their dropping may cause asthma)
- Rodents, such as mice and rats
- First- and secondhand smoke
- Wood smoke

Other allergy and asthma triggers may include:

- Animal fur
- Pollen and grass
- Exercise
- Strong chemicals or irritants, such as perfumes, household cleaners or hairspray
- Viral upper respiratory infection or a cold

Then, talk with your doctor about your health concerns and a treatment plan that’s right for you.

For more information on asthma and allergies, visit the National Heart, Lung and Blood Institute’s website at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <https://state.nj.us/treasury/pensions/health-benefits.shtml>.

**Please Note:** Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional.

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