

#ASK ABOUT ASTHMA

Asthma is a long-term medical condition which affects many children and young people in the UK. It can affect every aspect of daily life from playing with friends and taking part in sport to concentrating and learning in school. It can even affect sleeping.

If you have asthma, the tubes that carry air in and out of the lungs as you breathe can be very sensitive. There are particular substances, known as "allergens" which can be mistaken by a person's immune system for something harmful. This can cause an allergic reaction. If the airways become inflamed and tighten as part of the allergic reaction, it can be difficult to breathe. Breathing dirty, polluted air in can trigger or aggravate asthma. Asthma inhalers can help to relax the muscles in the airways, making it easier to breathe again.

However, it would be best if we could all work to take away allergens, triggers and other causes of breathing problems, especially for those with asthma. In this worksheet you will learn about pollutants that cause or worsen asthma. Some of these pollutants come from dust and fumes from activities such as cleaning, cooking and decorating. There are sources of pollutants found inside buildings that can create, or emit, substances into the air that may be harmful to health at high levels.



P C B T J G Q P Q C K H W X R W R Q K P
 L A G N R K Z W L C K S K M B C D B R W
 Y Q R N I T R O G E N D I O X I D E F B
 R V D T H L N V H P X M B C T Y S R L C
 X X F U I G M L Q Z C P V K V S L Z F O
 T V C K S C D T M L Y J G P O L L E N C
 T R K H R T U L F Y P B Q L X M P Z Y K
 Y O D Y L L M L P J T W G B D O T Z B R
 K D B M C P J I A G L Z Y K C U L V W O
 H A J A Q F R L T T P F L S K L L U E A
 Q N M S C W P J F E E Y J K X D P F S C
 L D V G C C Z V S K S M X T C S W C V H
 P E B L X V O Z P Z B G A S N P L D F E
 K R Y T M R B S T Q Z Z S T R O X D J S
 J R R Y N P J G M S W Q Q E T R T Z B Y
 X L T P M L F M F O R M A L D E H Y D E
 T M D F B C Q P C N K Z S D R S R L Q P
 J I D Y P L Y T P D C E K T G T K Q M D
 C C F K E Y M J L Y K B Q X W B P P H Q
 Y E X L Z W K M N V J P K F V R W P C J

The wordsearch includes various allergens and triggers found indoors.

- cockroaches
- dander
- dust mites
- formaldehyde
- mice
- mould spores
- nitrogen dioxide
- particulate matter
- pollen
- tobacco smoke

Did you know that...

Did you know that bacteria can survive for up to two months in a vacuum cleaner chamber? That's why it is best to empty the chamber as soon as you've finished hoovering otherwise they might accidentally be released into the air when the vacuum cleaner is next used.

House dust mites are very tiny bugs which mostly eat dead skin cells shed by humans. You need a microscope to see them. They live in humid and warm environments. Drying washing on or near radiators creates a warm, humid environment where dust mites thrive.

They are found in bedding, carpets, mattresses, clothing and soft furnishings such as sofas and soft toys. They like living in bedding but if you wash bedding and covers at 60°C every 2 weeks it will help to kill dust mites and bacteria. You can also use allergen impermeable covers which help to seal in allergens so that they aren't breathed in whilst sleeping.

Did you know that formaldehyde is a colourless, strong-smelling gas that can evaporate at room temperature? Formaldehyde can cause irritation and inflammation of the respiratory system.

It is present in many building materials, coatings and finishes, furniture and household products such as scented candles and cleaning products. It is also found in tobacco smoke. It can also be emitted through cooking.

Increasing the humidity can increase release of formaldehyde from building materials and surfaces.