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Asthma.

Asthma related questions and answers.

Belgotex™



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Asthma related Q&A.

Do carpets cause Asthma?

This is a misconception. Importantly, not all people suffer from asthma and many asthma cases are hereditary. There are different types of asthma, with about 40% being non-allergic in nature. These include exercise-induced asthma and occupational asthma, where symptoms are triggered by the workplace environment (eg, wood or flour mills). Allergic asthma occurs when allergens in the environment trigger an attack. For people suffering from allergic asthma, understanding and regulating one's environment where possible is very important, and carpets can in fact play a positive role in this process.

Should I choose carpet or vinyl flooring if someone in my home suffers from allergic asthma?

The choice depends on your particular needs and wants.

If you suffer from allergic asthma you should identify your asthma triggers and aim to control contributing allergens in your home. These are often found in everyday items like a soft toy, pillow, curtain, or even pet blankets. When it comes to flooring, allergens which rest on the floor surface include pollen, dust mites, mould spores, and pet dander (hair, skin or feathers).

With carpets, certain allergens are removed from the air as they fall onto carpet fibres and become trapped among them until vacuumed. Regular vacuum cleaning avoids allergen build-up and effectively removes them from the space.

With smooth surfaced floors (such as vinyl tiles and cushioned vinyl) allergens fall to the floor, but get lifted off the surface easily with movement. Whilst not necessarily requiring vacuuming, hard floors with higher traffic ideally require regular cleaning for asthma sufferers.

In summary, the right floor for your home needs to align with your lifestyle and preferences.

Are certain carpets more effective for the control of asthma triggers?

Yes. There are carpets that make it easier to manage your asthma triggers based on their structure, material and installation.

The Johnson Memorial Group suggests that short pile carpets or loops with tightly woven strands are better than tall, shag-type carpets. Solution Dyed Nylon (used in our carpets) is a preferred material because it resists dirt and reduces asthma triggers like mould and mildew. If you are sensitive to VOCs, make sure you choose an appropriate carpet underlay (such as our Green underlay) and low VOC glue during installation.

What role do VOCs play for asthma sufferers?

For some people, odours and Volatile Organic Compounds found in buildings could trigger an allergic asthma attack. VOCs can be present within flooring materials, but by contrast carpets can filter VOCs like formaldehyde or chloroform out of the air, trapping them between fibres until they are vacuumed away.

Belgotex carpets are tested against GBCSA/GBCA Green Star & CRI Green Label Plus criteria and have met all critical VOC level requirements set. Belgotex luxury vinyl tiles are tested and pass Floorscore SCS-FS-03336 for VOCs, to ensure your safety during and after installation.

An appropriate floor surface can help you regulate VOC exposure.

Do Doctors agree about the best floors for Asthma sufferers?

No. While The South African Thoracic Society recommends avoiding carpets, at the start of 2021 the National Heart, Lung and Blood Institute in the USA reversed their 2013 decision recommending the removal of carpet in treating allergy and asthma patients. While scientific and medical research is not conclusive, international studies conducted over the past 40 years have led flooring specialists to suggest that properly and regularly vacuumed carpet is indeed suitable for people with asthma or allergies.

What is the best way to clean floors to manage asthma triggers?

If possible, clean floors when the asthma sufferer is not in the room.

CARPETS

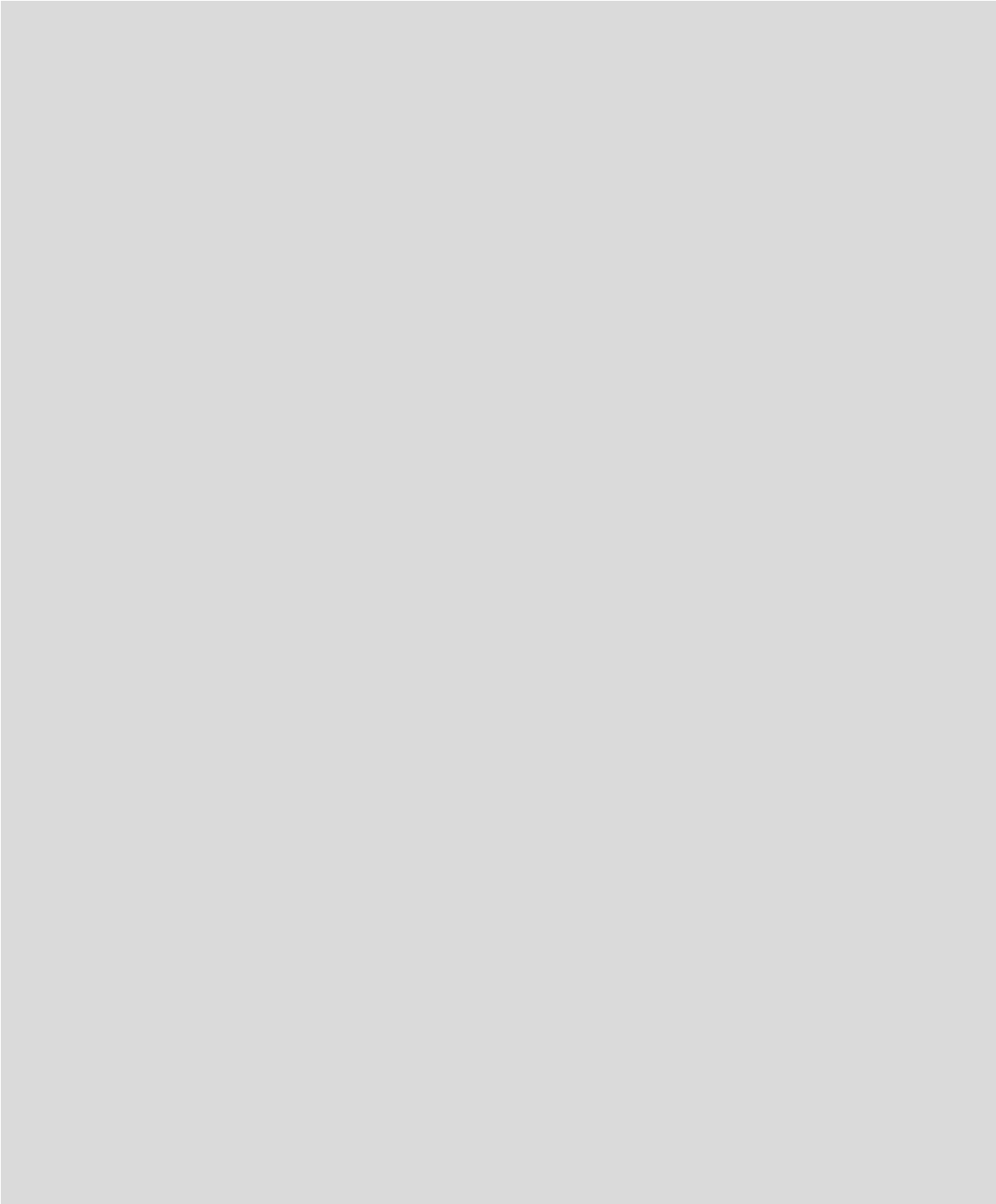
Routine vacuuming boosts carpet performance and asthma control, by removing invisible particles trapped in a carpet that trigger an attack and deep seated dry soils that can damage fibres. A commercial upright vacuum with a clean HEPA filter, CRI Seal of Approval or Green Label most effectively removes triggers and dirt during routine cleaning, Aim to have your carpet professionally cleaned every year.

VINYL

Some allergens such as dust mites and mould spores increase in damp and dusty spaces and are very easily spread into the air through normal movement on hard surfaces. Apart from maintaining appropriate indoor climate control and humidity levels to manage asthma triggers, wipe down vinyl floors regularly, preferably using a damp-mop with clean water and a non-abrasive floor cleaner.

OUR SUGGESTED CLEANING SCHEDULES ARE

- Very high traffic: 2x per day
- High traffic: 1x per day
- Medium traffic: 3x a week
- Low traffic: 1x per week



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