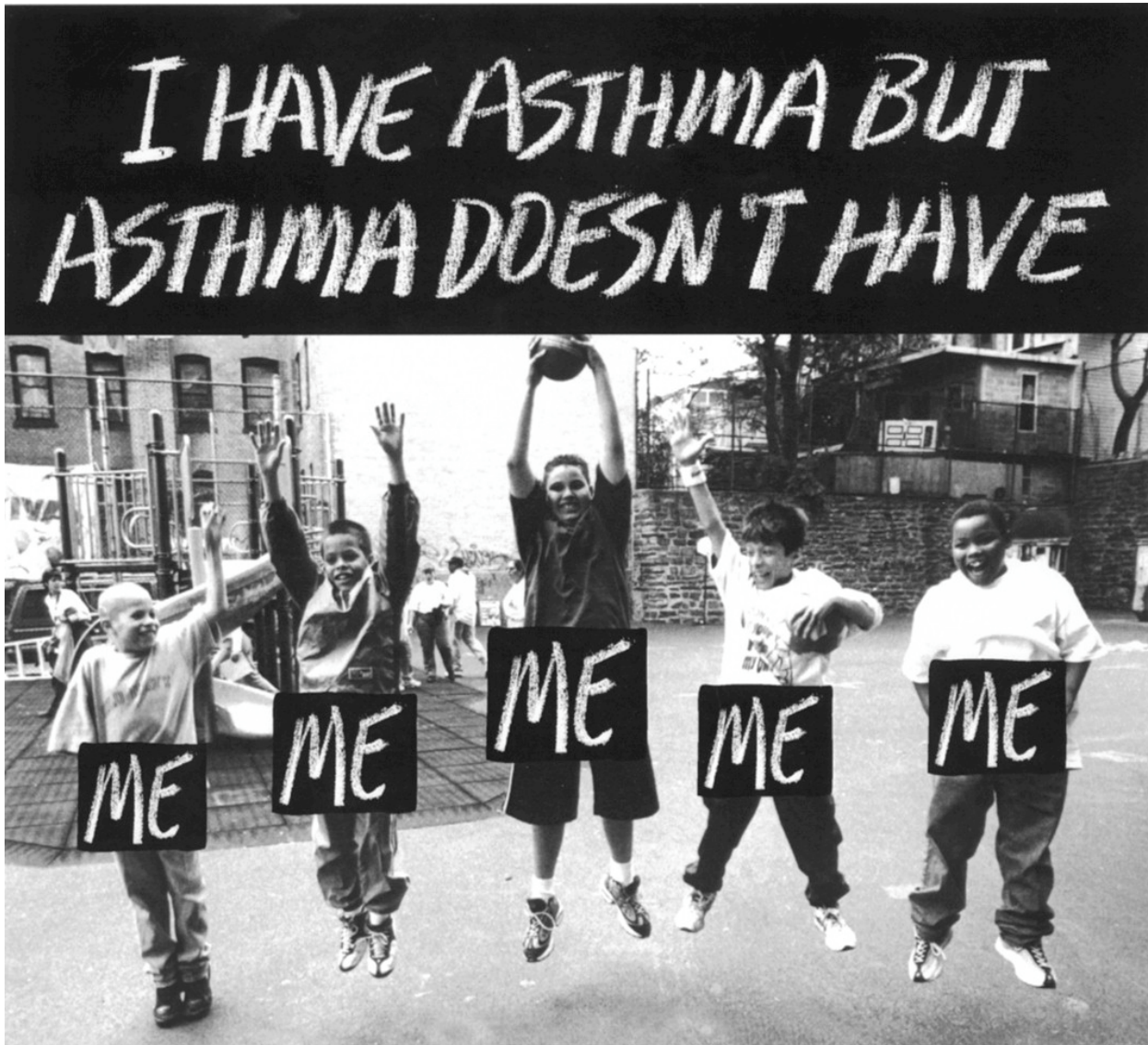


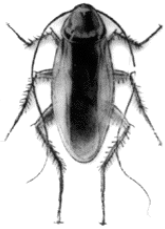
How to live with Asthma: Strategies for Your Home!



It's as easy as 1, 2, 3!

Allergens are things that can trigger your asthma!

What are some common allergens in homes?



Cockroaches



Dust mites



Pollen



Animal Dander



Mold and Mildew

Let's learn how to control allergens in your home room-by-room!

Let's start in the BEDROOM.....



What should you watch out for in your bedroom?

Dust and Dust Mites!

Most asthmatic children are severely allergic to dust mites.

Where are dust mites?

In pillows, mattresses, bedding, stuffed animals, carpet, upholstered furniture.

What can you do to eliminate dust mites?

- 1. Encase pillow and mattress in an impermeable cover.**
- 2. Wash bed covers once weekly in hot water (130 degrees F).**
- 3. Store stuffed animals in drawers or an enclosed container.**
- 4. If possible, remove carpet in bedroom, and use wood or vinyl flooring.**
- 5. If you have carpet, vacuum once weekly. Use a HEPA-filter. The asthmatic should stay out of the room for 30 minutes.**
- 6. Reduce humidity to less than 50%. Use a de-humidifier if possible.**

Let's go to the Bathroom.....



What should you watch out for in your bathroom?

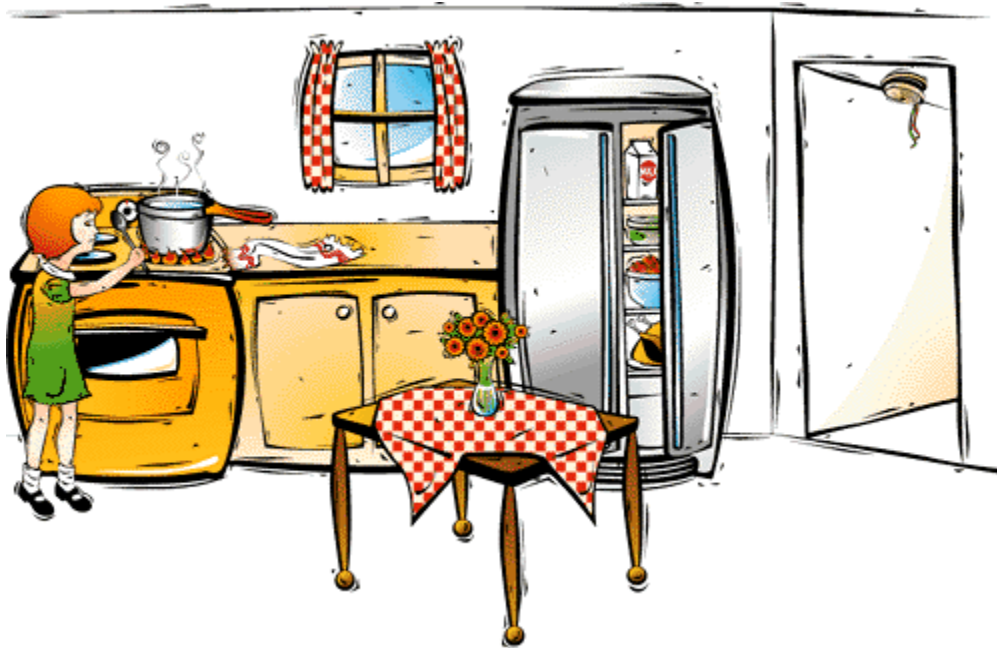
Mold and Mildew!

Moisture and heat in the bathroom allow mold and mildew to grow.

What can you do to eliminate mold and mildew?

- 1. Keep bathrooms well aired. Use exhaust fans and open windows if possible.**
- 2. Clean bathroom once weekly.**
- 3. Clean with disinfectants that say they KILL mold and mildew.**
- 3. Repair leaking pipes.**

Let's go to the kitchen.....



What should you watch out for in the kitchen?

Cockroaches, Mold and Mildew!

Food and moisture attract cockroaches.

Moisture allows mold and mildew to grow.

What can you do to eliminate cockroaches?

- 1. Keep food in closed containers.**
- 2. Don't accumulate grocery bags.**
- 3. Keep trash in covered container.**
- 4. Wash dishes at night, and don't leave in the sink overnight.**
- 5. Remove pet food in between meals.**
- 6. Have all leaks repaired.**

Let's go the living room.....



What should you watch out for in the living room?

Cigarette Smoke, Animal Dander, Dust Mites, and Pollen!

Family and visitors, who smoke anywhere in your home, leave smoke in the air that can bother your child.

Carpet and upholstered furniture have dust mites.

Cats, dogs, birds shed dander from their fur that can be breathed in, and bother your child's asthma.

What can you do to eliminate triggers in the living room?

- 1. Do not smoke in your house! Do not allow visitors to smoke in your house! Encourage family and guests to stop smoking or to smoke outside.**
- 2. Vacuum carpets weekly. Use a HEPA-filter. Your asthmatic child should avoid the room for 30 minutes after vacuuming.**
- 3. Dust furniture weekly.**
- 4. Do not use room deodorizers or perfumed cleaning products.**
- 5. Launder curtains frequently.**
- 6. Remove pets from the home if possible. If you must have a pet, wash the pet weekly and keep the pet out of the bedroom. Choose a pet without fur or feathers, like a fish.**
- 7. Avoid a wood-burning heat stove. Avoid kerosene heaters.**

Let's go to your basement.....



What should you watch out for in your basement?

Dust Mites, Cockroaches, Mold and mildew

Stored items collect dust and dust mites.

Dark, warm, moist places attract cockroaches and allow mold to grow.

What can you do to eliminate triggers in your basement?

- 1. Store items in covered plastic boxes or cloth bags.**
- 2. Use a dehumidifier to keep humidity between 35-50%.**
- 3. Replace air heating and cooling system filters regularly.**

Let's think of ways you can help keep your child healthy!

Goals for your home:

1.

How will you accomplish this goal?

2.

How will you accomplish this goal?

3.

How will you accomplish this goal?