






Making a Safe Home for Your Child with Asthma

Children and adults with asthma can get worse when exposed to certain things in their environment. These tips will help you in making your child comfortable and safe at home.

<p style="text-align: center;">Dust Mites</p> <p>Dust mites are too small to be seen and they can be found anywhere in the house. They are most commonly found in mattresses, bedding, carpets, curtains, draperies, upholstered furniture, and stuffed animals.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Cover the mattress and pillow in a dust-proof, impermeable, zippered plastic covers <input type="checkbox"/> Wash bedding regularly in hot water and dry it completely <input type="checkbox"/> Get rid of carpets, or vacuum them regularly with a high efficiency filter <input type="checkbox"/> Wash throw rugs in hot water. Mop hard surface floors regularly <input type="checkbox"/> Wash stuffed toys on hot water regularly, dry them completely, or remove stuffed toys from sleeping area <input type="checkbox"/> Get rid of drapes or vacuum drapes regularly. Change to non- upholstered furniture <input type="checkbox"/> Vacuum 1 -2 times weekly
<p style="text-align: center;">Mold</p> <p>Mold is often found in areas with moisture such as kitchens, bathrooms, and basements.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Replace absorbent materials such as ceiling tiles and carpet if mold is present. Fix water leaks <input type="checkbox"/> Keep indoor humidity between 30-50%, use air conditioner or dehumidifier to keep humidity low if necessary <input type="checkbox"/> Scrub mold off hard surfaces with detergent and water, keep shower curtains clean <input type="checkbox"/> Empty and clean refrigerator and air conditioner drip pans regularly <input type="checkbox"/> Avoid standing water in plant containers <input type="checkbox"/> Increase air movement by opening doors and/or windows
<p style="text-align: center;">Pests</p> <p>Cockroaches and rodents secretions, droppings, and body parts can worsen asthma. These pests are often found in areas with food and water such as kitchens, bathrooms, and basements.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Clean all food crumbs and spills right away <input type="checkbox"/> Store food in sealed containers <input type="checkbox"/> Remove food, bags, newspaper, cans, bottles, and empty boxes from the sleeping area <input type="checkbox"/> Put all garbage in plastic trash bags. Seal trash bags and put them into garbage cans with fitted lids every day <input type="checkbox"/> Seal holes and gaps between construction materials and pipes <input type="checkbox"/> Clean all surfaces where you have seen pests. Use poison baits, boric acid or traps to kill pests <input type="checkbox"/> Minimize the use of sprays. When spraying ensure the patient is not in the room, and make sure there is plenty of fresh air <input type="checkbox"/> Increase air movement by opening doors and/or windows <input type="checkbox"/> To learn more about this, please visit http://www.epa.gov/pesticides/controlling/residents.htm
<p style="text-align: center;">Smoking</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Keep the home and car smoke-free. Do not allow anyone to smoke in the home or car <input type="checkbox"/> Do not use a wood-burning stove, kerosene heater, unvented gas stove/heather or fire place <input type="checkbox"/> To learn more about how to make your home smoke free, please visit www.epa.gov/smokefree or call the 1-866-SMOKE-FREE (1-866-766-5337)
<p style="text-align: center;">Warm-blooded Pets (such as cats and dogs)</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Remove pets with fur or feathers from the home or keep them outside <input type="checkbox"/> If this is not possible, keep the pet out of the bedroom, and keep the bedroom door closed <input type="checkbox"/> Remove carpets and furniture covered with cloth from your home. If this is not possible, keep the pet out of the rooms where these are