

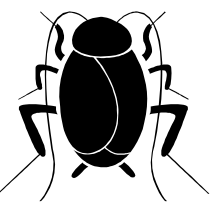
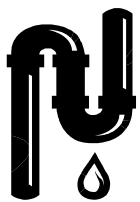




ASTHMA TRIGGERS

Good
Job

Needed

Things you can do to remove asthma triggers from your home.

	Good Job	Needed	Things you can do to remove asthma triggers from your home.
<p><u>SMOKE</u></p> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Do not smoke. Attend classes to help stop smoking.</p> <p>Do not allow smoking in the home or car.</p> <p>If you smoke, smoke outside / change clothes before returning.</p>
<p><u>DUST</u></p> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Vacuum weekly with high efficiency filter or central vacuum. Make sure people with asthma are not home when vacuuming.</p> <p>Remove carpet if possible. Wet before removing and then dry floor completely.</p> <p>Damp mop floors weekly.</p> <p>Wash bedding and stuffed toys in hot water every 1-2 weeks.</p> <p>Cover mattresses and pillows in dust proof zippered covers.</p> <p>Reduce clutter and remove stuffed animals.</p> <p>Replace heating system filters regularly.</p>
<p><u>PESTS</u></p> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Do not leave food or garbage out. Store food in airtight containers.</p> <p>Try using poison baits, such as boric acid for cockroaches. Instead of sprays/bombs, use baits placed away from children, such as behind refrigerator.</p> <p>Vacuum up cockroach bodies and fill holes in with copper wool.</p> <p>Fix leaky plumbing/roof or other sources of water.</p>
<p><u>MOLD</u></p> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Use an exhaust fans or open windows for cross ventilation when showering or cooking.</p> <p>Clean mold off hard surfaces with water and detergent and dry completely. Absorbent materials with mold may need to be replaced.</p> <p>Fix leaky plumbing or other sources of water or moisture.</p>
<p><u>ANIMALS</u></p> 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<p>Consider not having pets. Keep pets out of your child's bedroom.</p> <p>Wash your and your child's hands after petting animals.</p>
<p><u>ODORS/ SPRAYS</u></p> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Avoid using strongly scented products, such as home deodorizers and incense, laundry products and perfumed personal care products.</p> <p>Do not use stove for heating.</p> <p>When cleaning, keep child away and don't use strong smelling cleansers, including bleach.</p>

