

## Environmental Health in Group Prenatal Care: Asthma Activity Kit Description

Item	Activity Use
Cockroach	<p data-bbox="449 241 1896 310">Asthma Impact: Many people do not realize that cockroaches both cause and trigger asthma. Use integrated pest management (IPM) to control rodents and other pests. Remember “EEK!” – exclude, eliminate, keep away.</p> <p data-bbox="449 347 1896 380">Solution:</p> <ul data-bbox="499 386 1896 433" style="list-style-type: none"><li data-bbox="499 386 1896 418">- Monitor roaches in the home using inexpensive “sticky traps”</li><li data-bbox="499 425 1896 433">-</li></ul>

Item	Activity Use
Food container	Asthma Impact:

Item	Activity Use
Plug-in air freshener	<p data-bbox="451 173 1839 240">Asthma Impact: Fragrances such as perfumes, sprays and air fresheners, and even cleaning products are all common triggers.</p> <p data-bbox="451 280 1871 383">Solution: Avoid using air fresheners to mask odor. Instead, eliminate the source of the odors (remove garbage, clean regularly). When necessary, try to use alternative “fresheners” such as baking soda, or air fresheners made with natural ingredients like essential oils.</p> <p data-bbox="451 423 1845 488">Other notes: Most air fresheners/fragrance products contain chemicals (like phthalates) that may cause reproductive toxicity or other problems.</p>
Scented candle	<p data-bbox="451 495 1318 527">Asthma Impact: In addition to scent, smoke is a common asthma trigger.</p> <p data-bbox="451 566 1661 599">Solution: Avoid burning candles in homes with asthmatics who are sensitive to smoke and fragrances.</p> <p data-bbox="451 638 1812 740">Other notes: Candles pose a significant fire hazard. Never leave candles unattended while burning, and make sure matches/fire starters are stored out of children's reach. Avoid foreign-made candles with metal wicks, as they may contain lead.</p>

Stuffed animal /P AM