Healthy Housekeeping Clean Often

If you have asthma...

Have an up-to-date Asthma Action Plan for home and school/daycare.

Take your controller and reliever medications as listed on your Asthma Action Plan.

Go to the doctor for asthma follow up visits at least every 6 months.

Get a referral to a specialist if your asthma is difficult to control.

Stay out of basements and attics.

Keep the house clean using Healthy Housekeeping.

Make sure your bedroom is asthma safe (wet clean, reduce clutter, no pets, use dust covers, etc...)

Tobacco Smoke

Do not smoke around children or pregnant women.

Do not smoke if you are pregnant.

Do not smoke in the home or car.

Quit Smoking and encourage others to quit.

Talk to your doctor about quitting and starting on a nicotine replacement therapy plan.

Keep cigarettes, cigarette butts, and all tobacco products away from children.

Dust Mites

Reduce the amount of fabrics, pillows, and stuffed animals in your home (especially the bedroom).

Use allergen dust covers on beds and pillows.

Do not use feather pillows or bedspreads. Use foam pillows.

Safely keep the house clean.

Wash bedding and washable stuffed animals often.

"Work Wet" when cleaning windowsills, window wells and non-carpeted floors.

Vacuum carpets and upholstered furniture regularly (about once/week).

Use plastic bins to store toys and clothes.

Make sure there is a quality furnace filter, it fits correctly, and is changed regularly.

Household Chemicals

- Do not use around children.
- Read and follow the directions carefully.
- Use in a room with good airflow.

Mold and Moisture

(see 'mold and moisture' checklist for additional information and resources)

Find and safely clean the mold you see with soap/ mold cleanser and water.

Throw out water-damaged or musty/moldy materials.

Find and fix water leaks immediately.

Check that the soil around the foundation is sloping away from the home.

Use exhaust fans or open windows when cooking or showering.

Have good airflow throughout the home.

Use plastic bins instead of cardboard boxes to store items.

Empty water trays in air conditioners, dehumidifiers, and refrigerators frequently.

Regularly check on the gutters and make sure they are kept clear and in good shape (this helps keep moisture out of the home).

Pets

Keep pets out of bedrooms. Keep pets outside.

Wash hands after touching pet.

Bathe pet often.

Give the pet to a new home.

Pests

(see integrated pest management checklist for more information and resources)

Safely address current pest problem with safer/non-toxic pesticides.

Eliminate source of food, water, and shelter.

Prevent & control pests safely.

Resources:

- Regional Community Asthma Network of the Finger Lakes (conducts free home visits for families with children under 19 who have asthma; provides free materials for qualified families): (585) 442-4260
- American Lung Association: 1-800-548-8252
- Monroe County Department of Public Health: 753-5600
- Cornell Cooperative Extension: 461-1000
- o Websites:
 - o <u>http://www.lungusa.org</u>
 - o <u>http://www.sdahq.org</u>
 - o <u>http://www.epa.gov/asthma/triggers.html</u>
 - o <u>http://www.cehrc.org/</u>

Smoking Resources:

- NYS Smokers' Quitline: 1-866-NYQUITS(697-8487)
- Greater Rochester Area Tobacco-Cessation Center: 273-3872
- Smoking Health Action Coalition of Monroe County: 442-4260
- o Regional Community Asthma Network: 442-4260
- Your doctor
- o Websites:
 - o <u>http://www.nysmokefree.com/</u>
 - o <u>www.gottaquit.com</u>
 - o http://www.realitycheckny.org/RCNY/