



# 10 STEPS TO MAKE YOUR HOME SAFER

## *For a Child with Asthma*

### 1. CLEAN FOR ASTHMA

- Vacuum and dust your home at least weekly
- Vacuum and dust your child's bedroom at least twice a week
- Vacuum curtains, blinds and furniture at least once a week
- Use fragrance-free cleaners

### 2. CONTROL DUST MITES

- Wash sheets and blankets once a week
- Cover your child's mattress and pillow with allergen proof covers.
- Keep cloth items like throw rugs, curtains and stuffed animals out of the bedroom

### 3. PREVENT AND CONTROL PESTS

- Use boric acid powder, baits or gels, not bombs or sprays
- Clean up food spills and do dishes right away
- Only allow eating in one room of the house

### 4. AVOID PET ALLERGENS

- Don't get a pet unless you know your child is not allergic
- Keep pets out of your child's bedroom and off furniture

### 5. CONTROL MOLD

- Run your bathroom fan or open a window when you take a shower
- Clean up mold with soap and water
- Stop leaks and clean up spills right away

### 6. CONTROL THE OTHER ASTHMA TRIGGERS

- Don't use air fresheners, candles or incense
- Open a window and run the vent fan for your stove when you cook
- Stay inside and run your air conditioner on air quality alert days

### 7. STOP TOBACCO SMOKE

- Never allow smoking in your home, even if your child is not home
- Smokers should wear a smoking jacket or shirt when smoking outside

### 8. CREATE A SAFE HOME

- Check smoke detectors monthly
- Practice how to escape a fire in your home
- Make sure tap water is under 120 degrees

### 9. PREVENT POISONING

- Store cleaning chemicals and medicines up high where young children can't reach and out of sight
- Post the poison control number (1-800-222-1222)

### 10. PREVENT LEAD POISONING

- Have children wash hands before eating, after playing outside, and before bed
- Wipe down window wells and sills with a wet cleaning method at least weekly
- Offer children a healthy diet with lots of calcium, iron and vitamin C