



## SECONDHAND SMOKE

Asthma can be triggered by the smoke from the burning end of a cigarette, pipe or cigar and by the smoke breathed out by a smoker.



Choose not to smoke in your home and car and do not allow others to do so.

FOR MORE INFORMATION:

U.S. Environmental Protection Agency  
<http://www.epa.gov/iaq>

EPA Indoor Air Quality Information Clearinghouse  
(800) 438-4318

National Asthma Education & Prevention Program  
*Guidelines for the diagnosis and management of Asthma.*  
301-592-8573

Allergy & Asthma Network/Mothers of Asthmatics, Inc.  
(800) 878-4403

American Academy of Allergy, Asthma & Immunology  
(800) 822-2762

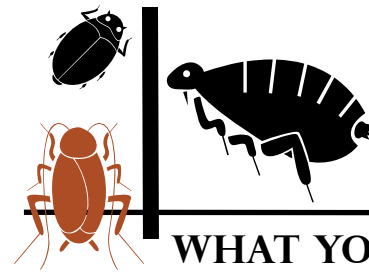
American Lung Association  
(800)LUNG-USA  
(800) 586-4872  
303-388-4327

Asthma & Allergy Foundation of America  
(800)7ASTHMA  
(800) 727-8462

Jefferson County Public Health  
1801 19th St.  
Golden, CO 80401  
Phone: 303-271-5700  
[www.jeffco.us/health](http://www.jeffco.us/health)

Content courtesy of: **The Soap and Detergent Association**  
[www.cleaning101.com](http://www.cleaning101.com)

November 11

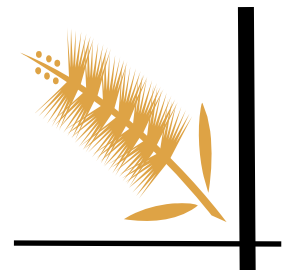


## WHAT YOU CAN DO TO FIGHT









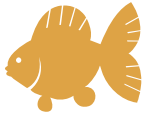



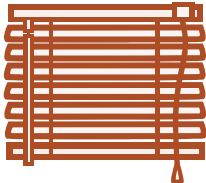
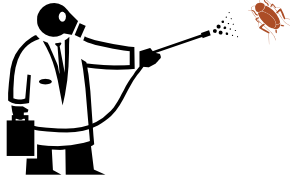
# ALLERGIES AND ASTHMA

Keeping your indoor air clean  
and your home free of mold &  
mildew.

Jefferson County Public Health  
1801 19th St.  
Golden, CO 80401  
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# What you can do to fight Allergies and Asthma

Dust/Dust Mites	Animal Dander	Pollen	Cockroaches	Mold & Mildew
<p><b>NOW</b></p> <ul style="list-style-type: none"> <li>• Launder bedding weekly.</li> <li>• Launder stuffed toys frequently. (check care labels.)</li> <li>• Launder curtains &amp; clean blinds regularly.</li> <li>• Dust &amp; vacuum weekly.</li> </ul> 	 <ul style="list-style-type: none"> <li>• Wash hands after touching furry or feathered pets.</li> <li>• Launder pet bedding weekly.</li> <li>• Vacuum carpeting &amp; upholstery at least weekly-more often in heavily pet-trafficked areas.</li> </ul> 	<ul style="list-style-type: none"> <li>• Launder curtains and clean blinds regularly; especially during high pollen &amp; high mold count seasons.</li> <li>• Dust &amp; vacuum weekly.</li> <li>• Clean windowsills regularly.</li> <li>• After being outdoors on high pollen &amp; high mold count days, shampoo hair before going to bed.</li> </ul> 	 <ul style="list-style-type: none"> <li>• Keep food preparation &amp; eating area clean.</li> <li>• Clean garbage cans &amp; recycling bins weekly.</li> <li>• Clean food spills on carpets.</li> <li>• Clean &amp; disinfect under sink cabinets. Keep them clean &amp; dry.</li> <li>• Clean refrigerator grills &amp; coils.</li> <li>• Vacuum &amp; clean under &amp; behind ranges &amp; refrigerators.</li> </ul> 	<ul style="list-style-type: none"> <li>• Launder towels &amp; bath mats weekly.</li> <li>• Wipe up water spills on floors immediately- especially at base of showers/tubs. Then clean &amp; disinfect.</li> <li>• Clean &amp; disinfect diaper pails daily.</li> <li>• Launder shower curtains regularly.</li> <li>• Clean &amp; disinfect inside window frames &amp; sills regularly.</li> <li>• Empty water pans in air conditioners &amp; appliances, then clean &amp; disinfect regularly</li> </ul>
<p><b>NOW</b></p> <ul style="list-style-type: none"> <li>• Keep all closet doors closed.</li> <li>• Get rid of "clutter."</li> <li>• Put knick knacks, stuffed toys &amp; books in closed cabinets or drawers.</li> <li>• Remove bed canopies, dust ruffles &amp; other unnecessary fabrics.</li> </ul> 	<ul style="list-style-type: none"> <li>• Keep pets out of bedrooms.</li> <li>• Keep pets off of furniture.</li> <li>• Move litter boxes &amp; cages away from family gathering areas.</li> <li>• Keep pets outside whenever possible.</li> <li>• Brush &amp; bathe pets as often as recommended by your veterinarian.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep window closed at night &amp; during high pollen &amp; high mold count times.</li> <li>• Avoid outdoor activities during high pollen days.</li> <li>• Keep car windows closed when traveling, and use the "recycle" vent setting.</li> <li>• Remove outer clothing immediately after returning home.</li> </ul>	<ul style="list-style-type: none"> <li>• Take out garbage daily.</li> <li>• Remove or cover open containers of water.</li> <li>• Tightly cover any food (including pet food) that will be left out overnight.</li> <li>• Get rid of stacks of paper grocery bags.</li> <li>• Minimize eating in areas outside the kitchen &amp; dining room.</li> </ul>	<ul style="list-style-type: none"> <li>• Use exhaust fan when bathing or cooking.</li> <li>• Wipe down walls after showering.</li> <li>• Keep shower curtains &amp; doors open after using to allow walls to air dry.</li> <li>• Avoid storing "clutter."</li> <li>• Be alert to moldy odors &amp; find their source.</li> </ul> 
<p><b>AS SOON AS YOU CAN</b></p> <ul style="list-style-type: none"> <li>• Use washable area rugs. Launder weekly.</li> <li>• Encase pillows, comforters and mattresses in allergen-impermeable covers.</li> <li>• Use synthetic (polyester or orion), washable pillow &amp; bedding.</li> <li>• Install allergen-control bags and exhaust filters on you vacuum cleaner.</li> <li>• Replace heating &amp; air conditioning filters regularly.</li> </ul>	<ul style="list-style-type: none"> <li>• Use washable area rugs .Launder weekly.</li> <li>• Install allergen- control bags and exhaust filters on your vacuum cleaner.</li> <li>• If you are getting a new pet, consider no-fur or non-feather varieties (like hermit crabs &amp; fish).</li> </ul> 	<ul style="list-style-type: none"> <li>• Use washable area rugs. Launder weekly.</li> <li>• Install allergen-control bags and exhaust filters on your vacuum cleaner.</li> </ul> 	<ul style="list-style-type: none"> <li>• Repair leaks under sinks and throughout the house.</li> <li>• Store leftovers, bulk or refrigerated foods in airtight containers.</li> <li>• Use insecticides to kill cockroaches.</li> </ul> 	<ul style="list-style-type: none"> <li>• Repair leaks.</li> <li>• Remove carpeting in damp rooms.</li> <li>• Minimize wicker baskets &amp; furniture.</li> <li>• Replace foam rubber pillows with other synthetic pillows.</li> <li>• Increase air circulation, light and temperature in damp areas.</li> <li>• Dry out wet carpeting within 24 hours or remove it.</li> </ul> 
<p><b>LONG TERM</b></p> <ul style="list-style-type: none"> <li>• Have heating and cooling systems professionally maintained.</li> <li>• Replace drapes with smooth blinds or washable curtains.</li> <li>• Replace bedroom carpeting with vinyl or wood flooring &amp; minimize carpeting throughout the house.</li> <li>• Replace upholstered furniture with leather, vinyl or wood.</li> </ul>	<ul style="list-style-type: none"> <li>• Replace drapes with smooth blinds or washable curtains.</li> <li>• Replace carpeting with vinyl or wood flooring.</li> <li>• Replace upholstered furniture with leather, vinyl or wood, especially in rooms where pets spend their time.</li> </ul>	<ul style="list-style-type: none"> <li>• Replace drapes with smooth blinds or washable curtains.</li> </ul> 	<ul style="list-style-type: none"> <li>• Hire a professional exterminator if cockroaches are persistent.</li> </ul> 	<ul style="list-style-type: none"> <li>• Install air conditioning or dehumidifiers in damp rooms to control humidity.</li> <li>• Properly vent heating appliances, bathroom fans &amp; dryers.</li> <li>• Have heating &amp; air conditioning systems professionally maintained.</li> <li>• Minimize dead leaves, compost, etc. near your house.</li> </ul>