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
1-866-662-8822

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
645 Parfet Street
Lakewood, CO 80215
Phone: 303-232-6301
jeffco.us/public-health

Content courtesy of : The Soap and Detergent Association
www.cleaning101.com

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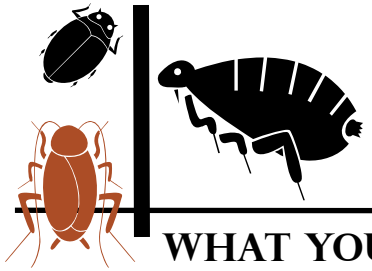

WHAT YOU CAN DO TO FIGHT

ALLERGIES AND ASTHMA

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

Jefferson County Public Health
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Jefferson County Public Health

What you can do to fight Allergies and Asthma

	Dust/Dust Mites	Animal Dander	Pollen	Cockroaches	Mold & Mildew
NOW	• Launder bedding weekly. • Launder stuffed toys frequently. (check care labels.) • Launder curtains & clean blinds regularly. • Dust & vacuum weekly.	• Wash hands after touching furry or feathered pets.. • Launder pet bedding weekly. • Vacuum carpeting & upholstery at least weekly-more often in heavily pet-trafficked areas.	• Launder curtains and clean blinds regularly; especially during high pollen & high mold count seasons. • Dust & vacuum weekly. • Clean windowsills regularly. • After being outdoors on high pollen & high mold count days, shampoo hair before going to bed.	• Keep food preparation & eating area clean. • Clean garbage cans & recycling bins weekly. • Clean food spills on carpets. • Clean & disinfect under sink cabinets. Keep them clean & dry. • Clean refrigerator grills & coils. • Vacuum & clean under & behind ranges & refrigerators.	• Launder towels & bath mats weekly. • Wipe up water spills on floors immediately– especially at base of showers/tubs. Then clean & disinfect. • Clean & disinfect diaper pails daily. • Launder shower curtains regularly. • Clean & disinfect inside window frames & sills regularly. • Empty water pans in air conditioners & appliances, then clean & disinfect regularly
NOW	• Keep all closet doors closed. • Get rid of "clutter." • Put knick knacks, stuffed toys & books in closed cabinets or drawers. • Remove bed canopies, dust ruffles & other unnecessary fabrics.	• Keep pets out of bedrooms. • Keep pets off of furniture. • Move litter boxes & cages away from family gathering areas. • Keep pets outside whenever possible. • Brush & bathe pets as often as recommended by your veterinarian.	• Keep window closed at night & during high pollen & high mold count times. • Avoid outdoor activities during high pollen days. • Keep car windows closed when traveling, and use the "recycle" vent setting. • Remove outer clothing immediately after returning home.	• Take out garbage daily. • Remove or cover open containers of water. • Tightly cover any food (including pet food) that will be left out overnight. • Get rid of stacks of paper grocery bags. • Minimize eating in areas outside the kitchen & dining room.	• Use exhaust fan when bathing or cooking. • Wipe down walls after showering. • Keep shower curtains & doors open after using to allow walls to air dry. • Avoid storing "clutter." • Be alert to moldy odors & find their source.
AS SOON AS YOU CAN	• Use washable area rugs. Launder weekly. • Encase pillows, comforters and mattresses in allergen-impermeable covers. • Use synthetic (polyester or orion), washable pillow & bedding. • Install allergen-control bags and exhaust filters on you vacuum cleaner. • Replace heating & air conditioning filters regularly.	• Use washable area rugs .Launder weekly. • Install allergen– control bags and exhaust filters on your vacuum cleaner. • If you are getting a new pet, consider no-fur or non-feather varieties (like hermit crabs & fish).	• Use washable area rugs. Launder weekly. • Install allergen-control bags and exhaust filters on your vacuum cleaner.	• Repair leaks under sinks and throughout the house. • Store leftovers, bulk or refrigerated foods in airtight containers. • Use insecticides to kill cockroaches.	• Repair leaks. • Remove carpeting in damp rooms. • Minimize wicker baskets & furniture. • Replace foam rubber pillows with other synthetic pillows. • Increase air circulation, light and temperature in damp areas. • Dry out wet carpeting within 24 hours or remove it.
LONG TERM	• Have heating and cooling systems professionally maintained. • Replace drapes with smooth blinds or washable curtains. • Replace bedroom carpeting with vinyl or wood flooring & minimize carpeting throughout the house. • Replace upholstered furniture with leather, vinyl or wood.	• Replace drapes with smooth blinds or washable curtains. • Replace carpeting with vinyl or wood flooring. • Replace upholstered furniture with leather, vinyl or wood, especially in rooms where pets spend their time.	• Replace drapes with smooth blinds or washable curtains.	• Hire a professional exterminator if cockroaches are persistent.	• Install air conditioning or dehumidifiers in damp rooms to control humidity. • Properly vent heating appliances, bathroom fans & dryers. • Have heating & air conditioning systems professionally maintained. • Minimize dead leaves, compost, etc. near your house.