## 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

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

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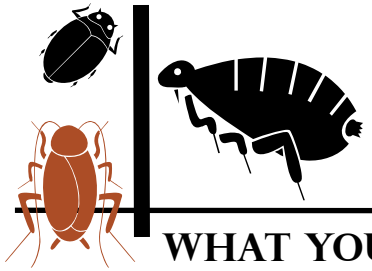

## WHAT YOU CAN DO TO FIGHT

# ALLERGIES AND ASTHMA

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

Jefferson County Public Health
1801 19th St.
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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.<br>• Launder stuffed toys frequently. (check care labels.)<br>• Launder curtains & clean blinds regularly.<br>• Dust & vacuum weekly. | • Wash hands after touching furry or feathered pets..<br>• Launder pet bedding weekly.<br>• 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.<br>• Dust & vacuum weekly.<br>• Clean windowsills regularly.<br>• After being outdoors on high pollen & high mold count days, shampoo hair before going to bed. | • Keep food preparation & eating area clean.<br>• Clean garbage cans & recycling bins weekly.<br>• Clean food spills on carpets.<br>• Clean & disinfect under sink cabinets. Keep them clean & dry.<br>• Clean refrigerator grills & coils.<br>• Vacuum & clean under & behind ranges & refrigerators. | • Launder towels & bath mats weekly.<br>• Wipe up water spills on floors immediately– especially at base of showers/tubs. Then clean & disinfect.<br>• Clean & disinfect diaper pails daily.<br>• Launder shower curtains regularly.<br>• Clean & disinfect inside window frames & sills regularly.<br>• Empty water pans in air conditioners & appliances, then clean & disinfect regularly |
| NOW | • Keep all closet doors closed.<br>• Get rid of "clutter."<br>• Put knick knacks, stuffed toys & books in closed cabinets or drawers.<br>• Remove bed canopies, dust ruffles & other unnecessary fabrics. | • Keep pets out of bedrooms.<br>• Keep pets off of furniture.<br>• Move litter boxes & cages away from family gathering areas.<br>• Keep pets outside whenever possible.<br>• Brush & bathe pets as often as recommended by your veterinarian. | • Keep window closed at night & during high pollen & high mold count times.<br>• Avoid outdoor activities during high pollen days.<br>• Keep car windows closed when traveling, and use the "recycle" vent setting.<br>• Remove outer clothing immediately after returning home. | • Take out garbage daily.<br>• Remove or cover open containers of water.<br>• Tightly cover any food (including pet food) that will be left out overnight.<br>• Get rid of stacks of paper grocery bags.<br>• Minimize eating in areas outside the kitchen & dining room. | • Use exhaust fan when bathing or cooking.<br>• Wipe down walls after showering.<br>• Keep shower curtains & doors open after using to allow walls to air dry.<br>• Avoid storing "clutter."<br>• Be alert to moldy odors & find their source. |
| AS SOON AS YOU CAN | • Use washable area rugs. Launder weekly.<br>• Encase pillows, comforters and mattresses in allergen-impermeable covers.<br>• Use synthetic (polyester or orion), washable pillow & bedding.<br>• Install allergen-control bags and exhaust filters on you vacuum cleaner.<br>• Replace heating & air conditioning filters regularly. | • Use washable area rugs .Launder weekly.<br>• Install allergen– control bags and exhaust filters on your vacuum cleaner.<br>• If you are getting a new pet, consider no-fur or non-feather varieties (like hermit crabs & fish). | • Use washable area rugs. Launder weekly.<br>• Install allergen-control bags and exhaust filters on your vacuum cleaner. | • Repair leaks under sinks and throughout the house.<br>• Store leftovers, bulk or refrigerated foods in airtight containers.<br>• Use insecticides to kill cockroaches. | • Repair leaks.<br>• Remove carpeting in damp rooms.<br>• Minimize wicker baskets & furniture.<br>• Replace foam rubber pillows with other synthetic pillows.<br>• Increase air circulation, light and temperature in damp areas.<br>• Dry out wet carpeting within 24 hours or remove it. |
| LONG TERM | • Have heating and cooling systems professionally maintained.<br>• Replace drapes with smooth blinds or washable curtains.<br>• Replace bedroom carpeting with vinyl or wood flooring & minimize carpeting throughout the house.<br>• Replace upholstered furniture with leather, vinyl or wood. | • Replace drapes with smooth blinds or washable curtains.<br>• Replace carpeting with vinyl or wood flooring.<br>• 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.<br>• Properly vent heating appliances, bathroom fans & dryers.<br>• Have heating & air conditioning systems professionally maintained.<br>• Minimize dead leaves, compost, etc. near your house. |