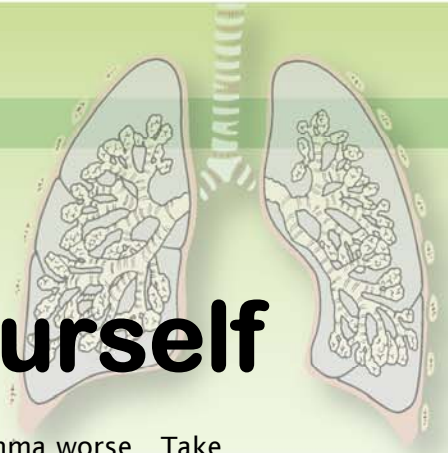


Asthma



Take Care of Yourself

Breathing in dust, mold, and pollen can make your asthma worse. Take care of your asthma by keeping your home and outdoor areas clean.

Kitchen & Bath

- Clean refrigerator shelves and drip pan 3 times a year.
- Clean and dry under the sink once a month.
- Fix all leaks.
- Look for cockroach droppings and set traps.
- Do not use cleaning supplies with scents.
- Clean the floors with a wet mop once a week.

Basement

- Take rugs off concrete floors.
- Change furnace filters every 2 to 4 weeks.

Outdoors

- Keep grass trimmed.
- Keep trees and bushes trimmed.
- Keep pets outdoors.

Bedroom

- Take out the carpet and have bare floors. Clean floors every week with a wet mop.
- Wash floor rugs once a week.
- Clean your closets every month to remove dust.
- Wash sheets, blankets and pillows every week.
- Put pillows and mattresses in dust-proof covers. If your pillow is old, buy a new one and cover it.
- Remove stuffed animals or wash them every week.

Living Areas

- Vacuum your carpet 2 times a week.
- Get rid of cloth furniture or vacuum it every week.
- Dust everything once a week.
- Use a gas fireplace instead of a wood burning fireplace.
- Use washable curtains on windows and not blinds. Wash curtains every month.
- Use a dehumidifier to get moisture out of the air.

