

How to make the rest of your home Asthma-Safe: Try doing any of these!

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FLOORS:

- If possible, remove carpets.
- If you can't remove carpets, vacuum carpets every week. (Vacuums with a high-efficiency particulate air filter (HEPA) are best.)
- Mop hardwood floors each week with a damp cloth to collect dust particles.

PETS AND ANIMALS:

- If possible, find new homes for pets, it is the best way to get rid of animal hair.
- If finding a new home for pets is not possible, keep pets out of the bedroom, off of couches or chairs, and away from carpets.
- Keep pets outdoors and wash pets frequently (yes, even cats!)
- Fill holes where mice can enter using steel wool.

AIR:

- Clean air ducts and filters for heating, ventilation and air conditioning.
- Reduce indoor humidity to less than 50% with a dehumidifier.
- Do-not smoke in the house. Smoke leaves material on the walls, hands, clothes, etc. that can trigger asthma.
- Avoid using strong-smelling products such as cleaning products, air-freshener sprays, incense and perfumes.
- If possible, use air conditioning to take advantage of air filter.
- Avoid using wood-burning stoves and fireplaces.



No smoking



Dehumidifier



Vaccums



No bleach

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