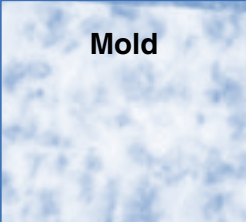




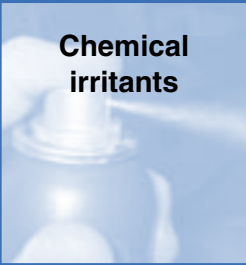



Asthma Indoor Triggers Checklist

Check the things you are doing and find other ways you can improve the quality of your indoor air.



 Mold	<ul style="list-style-type: none"><input type="checkbox"/> Keep humidity in the home between 30 and 50 percent.<input type="checkbox"/> Use exhaust fans in the kitchen and bathroom.<input type="checkbox"/> Vent clothes dryers to the outside.<input type="checkbox"/> Use a dehumidifier in the basement. Clean condensation pan regularly.<input type="checkbox"/> Watch for and repair water leaks.
 Dust mites	<ul style="list-style-type: none"><input type="checkbox"/> Wash bedding weekly in hot water.<input type="checkbox"/> Cover mattress and pillow in airtight, allergy proof covers.<input type="checkbox"/> Freeze stuffed toys overnight each week.<input type="checkbox"/> Dust the bedroom including damp wiping the mattress cover weekly.
 Cockroaches	<ul style="list-style-type: none"><input type="checkbox"/> Store food in airtight containers.<input type="checkbox"/> Keep food cleaned up from countertops, cupboards, toasters and other surfaces.<input type="checkbox"/> Keep floors mopped and vacuumed.<input type="checkbox"/> Use poison baits or traps rather than spray pesticides.
 Pets	<ul style="list-style-type: none"><input type="checkbox"/> Eliminate all warm-blooded pets from the home.<input type="checkbox"/> If you must have a pet, wash the pet every week and don't let the pet sleep in the bedroom.<input type="checkbox"/> Avoid homes that have pets.<input type="checkbox"/> Avoid bedding and clothes made with feathers or down.
 Tobacco smoke	<ul style="list-style-type: none"><input type="checkbox"/> Encourage all smokers to quit.<input type="checkbox"/> Do not smoke in the car, house, or bedroom or allow others to do so.<input type="checkbox"/> Avoid second-hand smoke, and ask to sit in the nonsmoking section.
 Chemical irritants	<ul style="list-style-type: none"><input type="checkbox"/> Do not use room deodorizer or potpourri.<input type="checkbox"/> Use unscented detergent, personal care products and cleaning supplies.<input type="checkbox"/> Stay out of the house when it is being painted or sprayed.<input type="checkbox"/> When using a spray carefully follow the label's instructions.<input type="checkbox"/> Store chemicals carefully away from ventilation source, and follow the label directions
 Other	<ul style="list-style-type: none"><input type="checkbox"/> Woodstoves: Make sure doors and vents fit tightly.<input type="checkbox"/> Outdoor asthma triggers: Do not bring flowers, plants, etc. into the house.<input type="checkbox"/> Nitrogen dioxide: Avoid using appliances such as space heaters.<input type="checkbox"/> Heating and air conditioning systems: Maintain as directed including changing or cleaning filters following label instructions.

Source: Asthma Initiative of Michigan, Indoor Air Quality, www.getastmahelp.org/indoorairquality.asp

*BCN does not control and is not responsible for the content of this Web site.