

## Strong Odors and Sprays



- Painting in the home should be done when you are not there and leave a window open a few inches for two-to-four weeks after painting.
- Avoid perfume and perfumed cosmetics such as talcum powder and hair spray.
- Do not use room deodorizers or perfumed household cleaning products.
- Vent cooking odors to the outside or open a window while cooking.

## Outdoor Molds and Pollens

- Stay indoors when the pollen count is high.
- Use air-conditioning, especially in the bedroom.
- Keep windows closed during hours when outdoor pollen and mold levels are high.
- Avoid sources of decomposing materials (i.e., wet leaves).

## Weather



- Stay indoors or limit outside activity during high ozone days.
- Wear a scarf or pull a turtleneck over your mouth and nose in windy or cold weather.
- Dress warmly in the winter and on windy days.

## Asthma Attacks Can Be Prevented!

Asthma affects one in every 13 school-age children in the United States on average, and rates are even higher among urban African American populations.

Asthma is not the same as allergies and is not contagious.

Symptoms of asthma include wheezing, coughing, tightening of the airway/chest, difficulty breathing or shortness of breath.

**See your doctor to develop an asthma management plan to prevent asthma attacks that includes:**

- Appropriate medication
- Identification of your asthma triggers and ways to reduce or avoid trigger exposure
- Peak flow monitoring
- Emergency plan

**Contact the Columbus Healthy Homes Program with questions or for more information at 645-8191.**

## CONTROL ASTHMA TRIGGERS

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**FIND SOLUTIONS NOW**

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Healthy Homes Program  
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**Some things that make asthma worse for some people are not a problem for others. You need to find out what makes your asthma worse and take steps to control them:**

### Tobacco Smoke



- Do not smoke or allow smoking in the home.
- Have household members smoke outside.
- Encourage family members to quit smoking.

### Cockroaches



Don't let them in!

- Seal hiding places like holes and cracks in walls, along baseboards, pipes, windows, and doors with caulk or putty.
- Seal cracks that a dime can fit into.

Don't feed them!

- Store food in containers with airtight lids.
- Remove source of water—repair leaks, wipe-up spills and keep surfaces dry.
- Clean up soon after eating, and clean the pet's dish too if you have one.
- Empty trash cans regularly.



Clear Up Clutter!

- Clear up clutter by getting rid of places where roaches can hide.

- Wipe down all hard surfaces once a week to clean up hard to see roach pieces (and dust mites).
- Vacuum all carpets weekly, but have asthmatics leave the area for four hours.

Use Less Toxic Controls:

- Use baits and traps, gels, and boric acid powder in places where roaches live and hide, out of reach of children.
- Never use a fogger or bomb type pesticide.
- Only spray as a last resort, and
  - limit spraying to where roaches live and hide, and
  - immediately leave your home afterwards for four or more hours with windows open to air it out.



### Pet Dander

- Remove animals with fur or feathers from the house or school classroom.
- If you must have a pet, keep the pet out of your bedroom.
- If there is forced-air heating in the home with the pet, use a high quality pleated air filter.
- Wash the pet weekly with an allergen controlling shampoo and apply a topical spray to control pet dander.
- Minimize visits to homes with pets and when visiting take asthma medicine suggested by your doctor.



### Dust Mites

- Put your mattress and pillow in dust-proof (allergen impermeable) zippered covers.
- Use pillows and bedding that do not contain any feathers.
- Avoid sleeping or lying on fabric-covered furniture.
- Remove carpets in the bedroom.
- Wash bed covers, clothes, and stuffed toys weekly in hot (130 degrees F) water.
- Vacuum carpets, drapes, and upholstered furniture weekly.
- Use micro-filtration vacuum bags or a HEPA filtered vacuum cleaner.
- Use air conditioning, especially in the bedroom to help control humidity and mite growth.



### Indoor Molds

- Keep bathrooms, kitchens and basements well ventilated.
- If a dehumidifier or humidifier is needed, clean it regularly.
- Vent clothes dryers to the outside.
- Clean up water leaks within 48 hours.
- Contact the Healthy Homes Program if you suspect that your home has a mold problem to find out what to do to clean it up.

**OVER**

**If you have asthma.....Correct use of medication and trigger avoidance and control can work for you!**