

Asthma-free HOME



AlohaCare
For a healthy Hawaii.



There are many triggers inside our homes that can cause asthma attacks. However, with the right type of cleaning, you can easily reduce the number, or severity, of your attacks. Inside this brochure is help on how to fight asthma at home.

Simply keeping a clean house can help avoid a number of asthma triggers. Managing dust mites, mold and picking the right pets are all easy ways to avoid an attack. Read on for more housecleaning tips.

HOUSECLEANING TIPS

- **Dust mites** are tiny bugs that are too small to see and can cause an asthma attack. They live in things like sheets, blankets, pillows, soft furniture, carpets and stuffed animals. There are several things you can do keep them out of your home.
 - Wash bedding in hot water once a week and dry completely.
 - Use allergy-proof covers on pillows and mattresses.
 - Vacuum carpets and furniture every week.
 - Choose stuffed toys that you can wash in hot water. Let them dry completely before giving them back to your child.
- **Cockroaches** can be kept out by storing food in covered containers, keeping on top of doing the dishes and cleaning up food messes and spills.
 - Seal cracks or openings around or inside cabinets.
 - Use roach baits or traps instead of sprays.
 - Cover trash cans.
- **Mold** grows in damp places like kitchens, bathrooms and basements and can trigger asthma. If you see mold on hard surfaces, clean it up with soap and water.
 - Use exhaust fans or open a window in the bathroom and kitchen when showering, cooking or washing dishes.
 - Fix leaky faucets to prevent mold growth.
- **Nitrogen Dioxide** is a gas that can bother your eyes, nose and throat. It can also cause shortness of breath, which can lead to an asthma attack. This gas comes from home appliances that burn fuels such as gas, wood or kerosene.
 - When cooking on a gas stove, remember to use an exhaust fan.
- **Second-hand smoke** comes from a cigarette, cigar, pipe and the smoke exhaled by a smoker. If a family member or someone close to you smokes, ask them to smoke outside your home.
- **Family pets** should be hairless creatures, such as fish or turtles. If you already have cats or dogs, train them to stay off of furniture and out of the bedroom of the asthma sufferer. Keep them outdoors as much as possible to reduce pet dander inside. Vacuum regularly.
- **Medicines** like aspirin or blood pressure pills should be kept separate from asthma medications.



ACTIVITY: THE CLEAN HOUSE CHECKLIST

In the week's calendar below, write in which days you will do the following:

- Wash bedding in hot water
- Vacuum carpets & furniture
- Clean kitchen
- Clean cabinets & shelving
- Take out garbage
- Clean bathroom

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



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的重要訊息。您可要求本文件的伊洛卡諾文、越南文、繁體中文和韓文等書面版本。免費提供。

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