

Odors, Aromatic/sprays and Off-gassing

- ⇒ If you are asthmatic, you should be out of the house while any painting is done. Leave a window open a few inches for two-to-four weeks after painting to air out the fumes.



- ⇒ Try to avoid perfume and perfumed cosmetics such as talcum powder and hair spray
- ⇒ Do not use room deodorizers or perfumed household cleaning products
- ⇒ Open a window while cooking or use a fan

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)
- ⇒ Do not heat or cook with kerosene, propane or charcoal indoors
- ⇒ Avoid fireplaces and wood burning stoves

Weather and Other Outdoor Factors

- ⇒ Stay indoors or limit outside activity during high ozone days. Ozone levels are heightened from April to October when the temperature is hot and the air is stale
- ⇒ Dress warmly in the winter and on windy days. Also, wear a scarf or pull a turtleneck over your mouth and nose if its windy or cold

Asthma Attacks Can Be Prevented!

Asthma effects one in every 13 school-aged children in the United States, and rates are even higher among African American populations.

Warning signs of an asthma attack include: Wheezing; coughing; tightening of the airway/chest; difficulty breathing or shortness of breath; itchy, watery or glassy eyes.

Talk with your healthcare providers:

- ⇒ Your asthma treatment goals, how to achieve them, and an emergency plan
- ⇒ Your medication—what they are for, how much to take, and when and how to take them
- ⇒ How to use your inhaler and a peak flow meter, if you have one.
- ⇒ A referral to the Richmond City Health District for a Healthy Homes assessment
- ⇒ A written asthma action plan for responding to worsening symptoms

For further information, please contact the Richmond City Health District
Lead-Safe and Healthy Homes Initiative
400 E. Cary Street
Richmond, VA 23219
Phone: 804-205-3500 x7
Fax: 804-371-2271

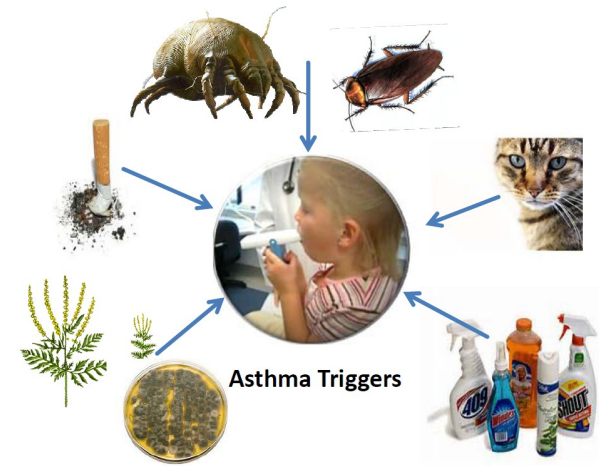
www.HealthyHomesRCHD.com
[Twitter@HealthyHomesVDH](https://twitter.com/HealthyHomesVDH)



Healthy Homes Approach Towards Controlling Asthma Triggers



Asthma Attacks Can Be Prevented!



Richmond City Health District Lead-Safe and Healthy Homes Initiative



Things that can trigger asthma symptoms and steps you can take to control them:

Environmental/Tobacco Smoke

Do not smoke or allow smoking in the home.

Encourage household members to quit smoking. Even when they smoke outside, the odor lingers on their clothes and in their hair.



Asthmatic smokers have more frequent and severe asthma attacks—therefore; **QUIT** smoking.

Do not use air freshener to mask tobacco odor—it does not remove harmful tobacco chemical but the chemical in the sprayer may further aggravate asthma symptom.

Pet Dander

Do not keep furry or feathered animals in the house.



If you must have a pet, keep the pet out of bedrooms.

If there is forced-air heating in the home where pet is kept, use a high quality pleated air filter to trap pet dander circulating in the air.

Wash your pet at least monthly with allergen controlling shampoo.

Minimize visits to homes with pets and when visiting take asthma medicine suggested by your healthcare provider.

Cockroaches



Don't feed them!!

Store or refrigerate food in containers with good fitting lids.

Clean up & degrease kitchen and eating areas soon after eating (i.e. do not leave food crumbs, greasy or dirty dishes overnight to feed roaches).



Clean pet's dish and seal pet food container/bag well.

Remove source of water or moisture by repairing leaks, wiping-up spills, and keeping surfaces dry.

Empty trash cans regularly and clean around them often.

Wipe down and clean all hard surfaces once a week to remove roach droppings (they look like coffee grinds). Roaches eat their own droppings!

Don't give them an inviting home!!

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.

Clear up clutter and paper & junk piles—they are roaches and dust mites favorite places to hide.

Clean baseboards, edges along walls and horizontal surfaces, such as counter tops, shelves inside of cabinets, under the sinks, etc. with gentle, non-scented cleaner weekly.

Vacuum carpets/rugs weekly, but have asthmatics leave the area for several hours or wear a mask. Best to use a HEPA vacuum cleaner to prevent re-entering of dust into the air.

Use Less Toxic Pesticides:

Use gel baits, bait housing, and/or boric acid powder – follow all product instruction and keep them out of reach of children and pets.

Never use a fogger or bomb type pesticide. It lingers in air and can aggravate asthmatic symptom. It leaves toxic residues on surface & food and can cause poisoning to children.

Only allowing spray as a last resort and limit spraying where roaches live and hide. Follow all product instructions to protect occupants.

People with asthma should not be in home when spray, fogger, or bomb is used. No person should be in home after treatment for four or more hours. Open windows to air out toxic fume. Wipe down surfaces before preparing and/or eating food on them.



Dust Mites

Put your mattress and pillow in dust-proof (allergen impermeable) zippered covers.

Use pillow and bedding that do not contain any feathers.

Clear up clutter, paper and junk piles—they are roaches and dust mites favorite places to hide.

Avoid sleeping or lying on fabric-covered furniture; if it has not been washed or cleaned regularly.