**Healthy Homes Approach Towards Controlling Asthma Triggers**

**Asthma Attacks Can Be Prevented!**

Asthma affects 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
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.

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

Wipe down and clean all hard surfaces before preparing and/or eating food on them.

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.