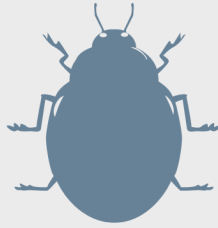


Dust & Dander

Keep down
triggers for
asthma

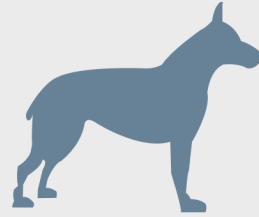


Dust Mites & Pets



Dust Mites

Dust mites trigger asthma and allergies due to the feces they produce. They love moist air and fabric.



Pets

Furry pets like dogs, cats and gerbils can cause asthma and allergy attacks because of their saliva and skin flakes.

Control Dust Mites



Wash Bedding Regularly

The bedroom is the most important room; Wash bedding in hot water weekly or as often as you can



Use Rugs

A rug that can go in the wash is better than carpet



Wash Stuffed Toys

It is best to have stuffed toys that can go in the washer or dryer; if not, keep them away from the bed



Pillow Covers

Use an allergy proof pillow cover that zips; it is good to have one for the mattress also



Clean Regularly

Use a HEPA vacuum or vacuum when the child is not around; use a damp rag to dust

Control Animal Dander



Take Off Shoes

It is best to take off shoes when entering the house; if not, have 2 door mats, one inside and one outside



Clean Door Area

Clean the area outside the door regularly; clean the indoor mat also



No Pets

It is best not to have a pet; if you do, they should never go in the bedroom



Wash Before Bed

The bedroom is very important; after playing outside or with an animal, a child should shower and put on clean clothes before bed

Housekeeping



General cleaning tips & schedule

_____ How often should I clean that? _____

Task	How Often			
	Daily	2-3 times/week	Weekly	Every 2 weeks
Kitchens				
Wash dishes	X			
Put away dishes	X			
Sweep floor		X		
Mop floor				X
Wipe down counters	X			
Wipe down walls and other surfaces				X
Take out garbage			X	
Bathroom				
Clean toilet			X	
Mop floor				X
Clean sink			X	
Clean tub/shower			X	
Take out garbage			X	
Bedroom(s)				
Sweep or vacuum			X	
Straighten up			X	
Change sheets			X	
Dust surfaces				X
Living Areas				
Dust surfaces			X	
Sweep or vacuum		X		
Straighten up		X		
Laundry				
		X		