



DENVER HEALTH

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FOR LIFE'S JOURNEY

Help Control Asthma: KEEP YOUR HOME HEALTHY



KEEP IT DRY



Too much water can damage your home and cause mold

- ✓ Run fans while showering and cooking
- ✓ Fix any water leaks (from roofs, windows or plumbing) as soon as possible
- ✓ Make sure there is good drainage around your home; downspouts need to go at least 5 feet out from your home
- ✓ Check gutters for things that block water

KEEP IT

WELL VENTILATED



Moving air gets rid of moisture and strong smells

- ✓ Open windows often so air can move through
 - This is very important when using any product or chemicals with a strong smell
- ✓ Make sure bathroom and kitchen fans work well

KEEP IT

IN GOOD SHAPE AND SAFE



Make sure your home stays in good shape

- ✓ Take care of minor repairs before they become big problems
- ✓ Check the caulking around windows and door frames (inside and out)
- ✓ Make sure dryer vent is connected right
- ✓ Make sure your furnace and water heater work well
- ✓ Change furnace filters every 3-4 months

KEEP IT

FREE OF CHEMICALS AND POISONS



Be aware of things in your home that can make you sick

- ✓ Avoid using air fresheners, candles, bug sprays and chemical cleaners
- ✓ Make sure your house has radon and carbon monoxide detectors; check batteries often

KEEP IT CLEAN



Cleaning controls dust and other things that make allergies worse

- ✓ Place a heavy-duty rubber doormat at each entrance
- ✓ Take off shoes before coming into your home
- ✓ Dust with a damp cloth
- ✓ Vacuum or wet mop floors at least once a week. Vacuums with HEPA filters are best.
- ✓ Wash sheets and bed covers once a week

DENVER HEALTH PHONE NUMBERS

Asthma Line: 303-739-1313

Connect 2 Care: 303-602-2273

Pharmacy Refill: 1-866-347-3345

Your Clinic: 303- _____

Adapted with permission from Children's Hospital Colorado and City of Fort Collins Healthy Homes Program

KEEP IT

PEST FREE

(Mice, cockroaches)



Pests look for food, water and hiding places. They can trigger asthma and spread disease

- ✓ Seal holes on the outside of your home
- ✓ Traps with poison are not safe for your family:
 - For mice -- use snap traps
 - For roaches -- use baits or gels
- ✓ Get rid of all water and food sources around the house, including pet dishes and bird feeders
- ✓ Keep all food and garbage in closed and sealed containers
- ✓ Clean up the droppings left by pests as soon as possible

KEEP IT "PET-FRIENDLY"



All animals with fur or feathers have a chemical in their skin, saliva and urine that can make asthma worse

- ✓ The best option is to not have a pet with fur or feathers (fish or turtles are ok)
- ✓ Keep all animals out of the bedrooms
- ✓ Wash hands and face after touching animals
- ✓ Vacuum or wet-mop at least once a week

KEEP IT SMOKE FREE



Smoke from any source can make asthma worse

- ✓ Avoid smoke from all sources: cigarettes, fireplaces, incense and candles, wood stoves
- ✓ If smoking cannot be avoided, do it outside and use a "smoking jacket or shirt"
- ✓ Avoid smoking in your car
- ✓ Call the Quit Line (1-800-784-8669) for help

MAKE YOUR OWN ASTHMA-SAFE PRODUCTS



All Purpose Cleaner

- ¼ cup vinegar
- 1 teaspoon borax
- 4 cups water

Mix all ingredients together in a spray bottle. Add 10-15 drops of essential oils for a fresh smell (we suggest orange, lemon or lavender)

Glass Cleaner

- ¼ cup vinegar
- 2 cups warm water

Mix ingredients together; spray onto glass and dry with a clean dry cloth.

Carpet Cleaner

Shake 1 box of baking soda onto the carpet. Let stand for 1 hour, then vacuum

Air Freshener Ideas:

Lemon:

- 1 tsp baking soda
- 2 cups hot water
- 1 tsp lemon juice

Mix solution and store in a 16 oz spray bottle; spray as you would an air freshener

Vanilla:

- 2 tbsp pure vanilla

Place in small saucer and set in room

Roach Killer

Shake Borax into cracks and close to areas where roaches have been seen

Mold Clean-up (for small areas)

Scrub mold with a sponge or clean cloth and white vinegar **OR** scrub with Mr. Clean Magic Eraser