

## Healthy Housekeeping

*Clean Often*

### If you have asthma...

- Have an up-to-date Asthma Action Plan for home and school/daycare.
  - Take your controller and reliever medications as listed on your Asthma Action Plan.
  - Go to the doctor for asthma follow up visits at least every 6 months.
  - Get a referral to a specialist if your asthma is difficult to control.
  - Stay out of basements and attics.
  - Keep the house clean using Healthy Housekeeping.
  - Make sure your bedroom is asthma safe (wet clean, reduce clutter, no pets, use dust covers, etc...)
- 

### Tobacco Smoke

- Do not smoke around children or pregnant women.
  - Do not smoke if you are pregnant.
  - Do not smoke in the home or car.
  - Quit Smoking and encourage others to quit.
  - Talk to your doctor about quitting and starting on a nicotine replacement therapy plan.
  - Keep cigarettes, cigarette butts, and all tobacco products away from children.
- 

### Dust Mites

- Reduce the amount of fabrics, pillows, and stuffed animals in your home (especially the bedroom).
- Use allergen dust covers on beds and pillows.
- Do not use feather pillows or bedspreads. Use foam pillows.
- Safely keep the house clean.
- Wash bedding and washable stuffed animals often.
- "Work Wet" when cleaning windowsills, window wells and non-carpeted floors.
- Vacuum carpets and upholstered furniture regularly (about once/week ).
- Use plastic bins to store toys and clothes.

- Make sure there is a quality furnace filter, it fits correctly, and is changed regularly.
- 

### Household Chemicals

- Do not use around children.
  - Read and follow the directions carefully.
  - Use in a room with good airflow.
- 

### Mold and Moisture

(see 'mold and moisture' checklist for additional information and resources)

- Find and safely clean the mold you see with soap/ mold cleanser and water.
  - Throw out water-damaged or musty/moldy materials.
  - Find and fix water leaks immediately.
  - Check that the soil around the foundation is sloping away from the home.
  - Use exhaust fans or open windows when cooking or showering.
  - Have good airflow throughout the home.
  - Use plastic bins instead of cardboard boxes to store items.
  - Empty water trays in air conditioners, dehumidifiers, and refrigerators frequently.
  - Regularly check on the gutters and make sure they are kept clear and in good shape (this helps keep moisture out of the home).
- 

### Pets

- Keep pets out of bedrooms.
  - Keep pets outside.
  - Wash hands after touching pet.
  - Bathe pet often.
  - Give the pet to a new home.
-

## Pests

(see integrated pest management checklist for more information and resources)

- Safely address current pest problem with safer/non-toxic pesticides.
  - Eliminate source of food, water, and shelter.
  - Prevent & control pests safely.
- 

### Resources:

- Regional Community Asthma Network of the Finger Lakes (conducts free home visits for families with children under 19 who have asthma; provides free materials for qualified families): (585) 442-4260
- American Lung Association: 1-800-548-8252
- Monroe County Department of Public Health: 753-5600
- Cornell Cooperative Extension: 461-1000
- Websites:
  - <http://www.lungusa.org>
  - <http://www.sdahq.org>
  - <http://www.epa.gov/asthma/triggers.html>
  - <http://www.cehrc.org/>

### Smoking Resources:

- NYS Smokers' Quitline: 1-866-NYQUITS(697-8487)
- Greater Rochester Area Tobacco-Cessation Center: 273-3872
- Smoking Health Action Coalition of Monroe County: 442-4260
- Regional Community Asthma Network: 442-4260
- Your doctor
- Websites:
  - <http://www.nysmokefree.com/>
  - [www.gottaquit.com](http://www.gottaquit.com)
  - <http://www.realitycheckny.org/RCNY/>