Take Action to Improve Air Quality in Every Room

Asthma is a serious, sometimes life-threatening respiratory disease that affects the quality of life for millions of Americans.

Environmental asthma triggers: are found around the home and can be eliminated with simple steps.

- Don't allow smoking in your home or car.
- Dust and clean your home regularly.
- Clean up mold and fix water leaks.
- Wash sheets and blankets weekly in hot water.
- Use allergen-proof mattress and pillow covers.
- Keep pets out of the bedroom and off soft furniture.
- Control pests—close up cracks and crevices and seal leaks; don't leave food out.

Children are especially sensitive to secondhand smoke, which can trigger asthma and other respiratory illnesses.

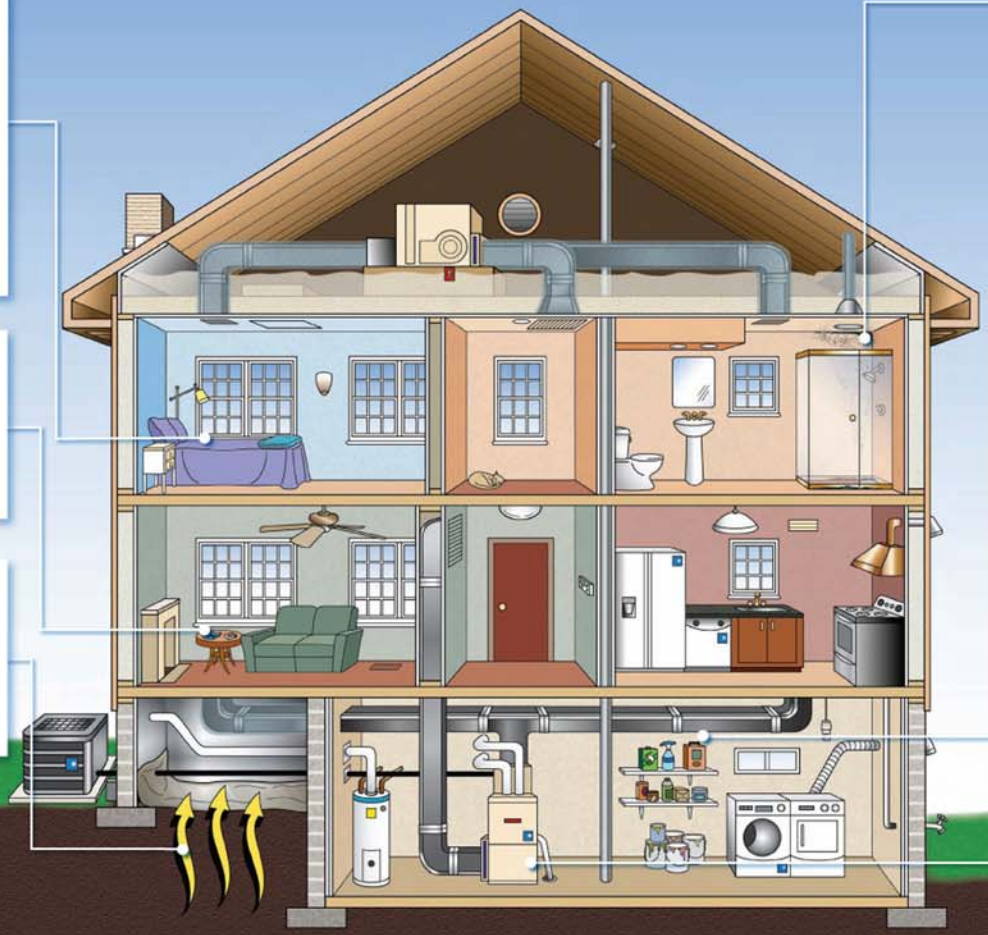
Secondhand smoke: smoke comes from burning tobacco products such as cigarettes, pipes, and cigars.

- To help protect children from secondhand smoke, do not smoke or allow others to smoke inside your home or car.

Radon is the second leading cause of lung cancer.

Radon gas: enters your home through cracks and openings in floors and walls in contact with the ground.

- Test your home with a do-it-yourself radon kit. If the test result indicates you should fix, call a qualified radon mitigation specialist.
- Ask your builder about including radon-reducing features in your new home at the time of construction.



Mold can lead to allergic reactions, asthma, and other respiratory ailments.

Mold: can grow anywhere there is moisture in a house.

- The key to mold control is moisture control.
- If mold is a problem in your home, you should clean up the mold promptly and fix the water problem.
- It is important to dry water-damaged areas and items within 24-48 hours to prevent mold growth.

VOCs cause eye, nose, and throat irritation, headaches, nausea, and can damage the liver, kidney, and central nervous system.

Volatile organic compounds (VOCs): are chemicals that evaporate at room temperature. VOCs are emitted by a wide array of products used in homes including paints and lacquers, paint strippers, varnishes, cleaning supplies, air fresheners, pesticides, building materials, and furnishings. VOCs are released from products into the home both during use and while stored.

- Read and follow all directions and warnings on common household products.
- Make sure there is plenty of fresh air and ventilation (e.g., opening windows and using extra fans) when painting, remodeling, or using other products that may release VOCs.
- Never mix products, such as household cleaners, unless directed to do so on the label.
- Store household products that contain chemicals according to manufacturers' instructions.
- Keep all products away from children!

Carbon monoxide causes headaches, dizziness, disorientation, nausea and fatigue, and high levels can be fatal.

Nitrogen dioxide causes eyes, nose, and throat irritation, impairs lung function, and increases respiratory infections.

Sources include: indoor use of furnaces, gas stoves, unvented kerosene and gas space heaters, leaking chimneys, and tobacco products.

- Ventilate rooms where fuel-burning appliances are used.
- Use appliances that vent to the outside whenever possible.
- Ensure that all fuel-burning appliances are properly installed, used, adjusted, and maintained.

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