

# ASTHMA & ALLERGY HOME TIPS



- Look for **fragrance-free** cleaning and laundry supplies.  
Be careful of air fresheners, candles, incense, and perfumes.  
Some smells can trigger asthma symptoms in some people.
- **Take off shoes** at the door- Don't bring outside dirt and pollutions in your house!
- Make your home **easy to clean and vacuum at least once a week** (especially your bedroom, couches, and chairs).
- **Wash bedding as often as you can.** Every few weeks, wash all your bedding in hot water and then dry it on a high setting
- **Get rid of carpeting**, especially wall-to-wall or shag carpeting in your room.
- **Get rid of clutter.** Contain items in plastic bins, if possible. Get rid of knickknacks and stuffed animals that collect dust. If you can't part with them, store them somewhere other than your bedroom.
- **Cover pillows and mattresses with allergy-proof covers.**
- **Replace or wash** moldy shower curtains.
- **Clean visible mold or mildew** with detergent and water or a mold killing solution.
- **Run a dehumidifier** in the basement or other damp areas.
- **Run the air conditioner** in summer.

