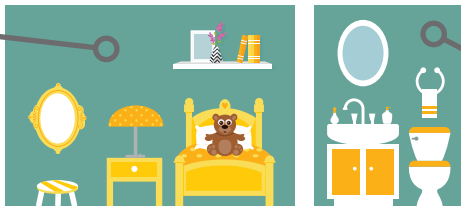


Asthma-proof your home one room at a time.

BEDROOM

Wash bedding and stuffed toys weekly. Use dust mite-proof mattress and pillow cases. Keep house pets out of the room.



BATHROOM

Check for mold under sinks and around faucets. Avoid spray products or toiletries with strong odors.



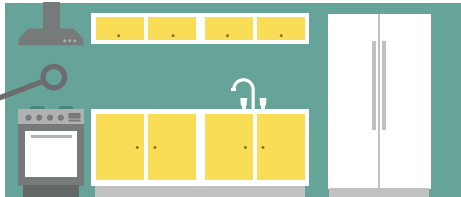
LIVING ROOM

Vacuum rugs, carpets and upholstery at least one to two times a week. Use a vacuum with a HEPA filter.



KITCHEN

To avoid cockroaches, seal food in airtight containers and take garbage out frequently.



OUTDOOR

Keep smokers outside! Don't allow anyone to smoke inside your home.