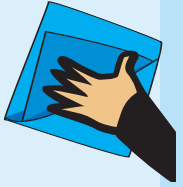


Top Ten Actions

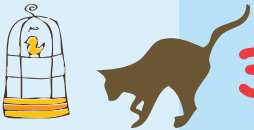
to Reduce
Asthma Triggers
in the
Child Care Setting



1. Dust often with a clean, damp cloth when children are not present



2. Encourage the use of allergen impermeable nap mats or crib/mattress covers and wash bedding in hot water weekly



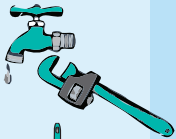
3. Prohibit pets (particularly furred or feathered pets)



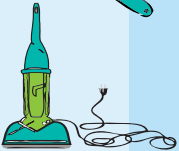
4. Prohibit smoking inside the facility and on the playground



5. Discourage the use of perfumes, scented cleaning products and other fumes



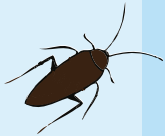
6. Quickly fix leaky plumbing or other sources of excess water



7. Ensure frequent vacuuming of carpet and upholstered furniture at times when the children are not present



8. Store all food in airtight containers, cleaning up all food crumbs or spilled liquids, and properly disposing of garbage and trash



9. Use integrated pest management techniques to get rid of pests (use the least hazardous treatments first and progress to more toxic treatments only as necessary)



10. Keep children indoors when local weather forecasts predict unhealthy ozone levels or high pollen counts. For ozone information in New Jersey visit www.state.nj.us/dep/airmon