






	The Problem	Simple Solutions
<p>Air Quality</p> 	<p>Leaking fireplaces or gas appliances can release gases and particles into your home that can make it hard to breathe comfortably. If there is any odor coming from your stove even when it is "off", you may have a leak.</p>	<ol style="list-style-type: none"> 1. Have your gas stove, water heater, and furnace checked by the Gas Company for any signs of leaking. This service is usually free. 2. Consider buying a carbon monoxide (CO) monitor in your house. No special installation is required. They are usually available through the fire dept. for free.
<p>Moisture</p> 	<p>When the moisture in the air is greater than 50% relative humidity, it often results in mold and bacteria growth and help unwanted things like dust mites grow. These unwanted hazards and some of their by-products can cause allergies and trigger asthma flare-ups.</p>	<ol style="list-style-type: none"> 1. Avoid using humidifiers and vaporizers. 2. Empty dehumidifiers and clean with 4% bleach mixture (follow label directions). 3. Fix any roof and/or basement leaks, even small ones as soon as possible. 4. Do not allow carpets or furnishings to stay wet for more than 24 hours. 5. Dispose of any water damaged goods.
<p>Dust</p> 	<p>Dust builds up from the activity of living things. Dust contains dead skin cells, hair, dirt, food crumbs, insect parts, animal dander. When dust settles on sofas, chairs, beds, curtains, and carpets, then these things can act as breeding grounds for dust mites, bacteria, and molds, especially if they hold moisture and are hard to clean.</p>	<ol style="list-style-type: none"> 1. Frequent vacuuming will reduce household dust and mites, and their waste products. 2. Using high quality vacuum bags or HEPA vacuum filters will increase how much the vacuum sucks up and prevent it from blowing back out of the bag. 3. The removal of carpets and installation of solid materials (wood, pressboard, or laminate) is recommended in the homes of allergy and asthma patients.
<p>Lifestyle</p> 	<p>Lifestyle issues are personal choices that may impact the health of one or many family members. The decision to smoke inside the house, to perform various hobbies or activities that use chemicals, or to allow pets into bedrooms can have a major impact on the other members of your household - especially the very young, the elderly, and those with health problems.</p>	<ol style="list-style-type: none"> 1. Do not allow smoking inside the home. 2. Keep arts and crafts activities and supplies in a different room away from the general living area. 3. Make sure there is plenty of fresh air available when chemicals are used or dusts are created. 4. Do not allow pets to sleep in bedrooms. 5. Wash and clean dogs often and outdoors. 6. Keep pets outdoors when possible.
<p>Pests</p> 	<p>Pests, such as cockroaches and certain rodents, are known to produce chemicals that become airborne. These "antigens" can cause severe allergic reactions and may cause asthma or trigger asthma flare-ups.</p>	<ol style="list-style-type: none"> 1. Try to seal off cracks and holes, and other points of access with caulk or sealant. 2. Remove trash from kitchen and store in closed container. 3. Do not leave food or water out overnight. 4. Remove trash from around the outside of your house or apartment building. 5. Remove (or cover) items from yard that might hold water.