



Improving Pediatric Asthma Care in the District of Columbia

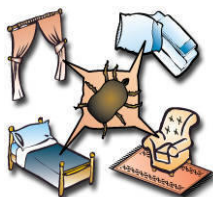
SAFE SLEEPING ZONE

Make a space where your child's lungs can rest all night.



Reducing Dust and Dust Mites

- ❑ Put pillows and mattress in their special dust mite covers.
- ❑ Wash blankets, sheets, and pillowcases in **hot** water every week.
- ❑ Vacuum once a week when your child is **not** in the room, using a double-layer bag or HEPA* filter.
- ❑ Use a clean, damp cloth to wipe all surfaces in your child's bedroom every week.
- ❑ Clean all exposed floors with a damp mop every week.
- ❑ Do not use a humidifier or vaporizer.
- ❑ Keep stuffed animals out of bed or wash in hot water or freeze them for 24 hours every week.



Reducing other Triggers

- ❑ Do not allow any smoke, like tobacco, candles, or incense, in the child's bedroom.
- ❑ Do not allow any strong smelling perfumes, sprays, or cleaning products in the child's bedroom.
- ❑ Do not use feather pillows or down comforters.
- ❑ Do not allow your child to eat in the bedroom.
- ❑ Do not allow pets in the bedroom.

Other Special Goals:

HEPA = high efficiency particulate air