



Cleaning to Control Allergies and Asthma

It's All in the Family!

A supportive family can make all the difference in the life of an asthmatic. Work together to get rid of triggers at home – if everyone helps out, it can be easy and fun!

It's all about cleaning . . . and it's something the whole family can do!

Design a Family Trigger Patrol Calendar

- Be creative! Have family members illustrate the calendar, or decorate it with cutouts from magazines, stickers and photos.
- List your tasks:
 - Sweep
 - Vacuum
 - Dust
 - Clean up clutter
 - Wash dishes
 - Put dirty dishes in dishwasher
 - Clean off table after meals
 - Empty garbage
 - Shake out rugs
 - Put away clothes
 - Put away clean dishes
 - Clean each bedroom
 - Wipe down bathroom surfaces/floor
- Assign the days for the task to be done. Some tasks should be done every day; some should be done weekly.
- Post your Calendar on the refrigerator or in another prominent place.
- Each evening, check off the duties that have been accomplished.



A Special Note of Care:

For the asthmatic person(s) in the family, assign tasks like dishwashing and cleaning up daily clutter before it becomes dusty.

When tackling other tasks – such as dusting, sweeping, or using cleaning products that could trigger allergies/asthma – make sure that the asthmatic person is out of the room.

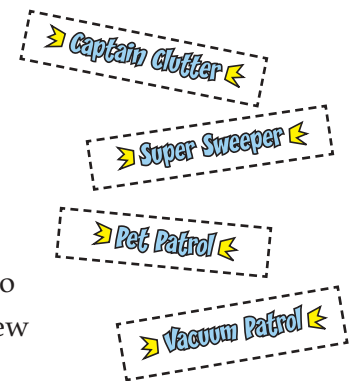
Initiate a Weekly Asthma Control Roundup

- Kick off your family effort by preparing Job Badges
- Give roles/assignments to all family members – including the youngest ones
- Depending on the size of your family, one person may take on more than one assignment:
 - For variety, assign different tasks to family members on different weeks
 - Try using a “badge bowl.” Mix up the cleaning badges in a small bowl and have family members “draw” their assignments for the week!

Creating Your “Job Badges”

Here are some idea starters for badges. Invite family members to come up with other ones, too!

- Captain Clutter
- Commander Clean
- Deputy Duster
- Super Sweeper
- Major Cleanup
- Pet Patrol
- Kitchen Commando
- Clutter Control Crew
- Vacuum Patrol



(See reproducible Job Badges on next page.)

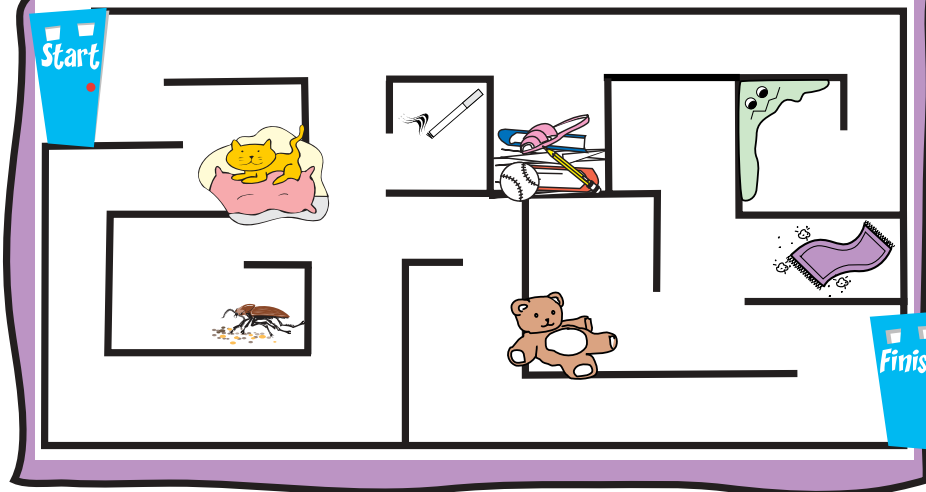
Visit www.cleaning101.com for more information on cleaning to control allergies and asthma.

We Believe . . .



Path to a Clean & Healthy Home!

Clean to prevent allergies and asthma!



We're Sparkling Clean.
Goodbye, Triggers!

Avoid these triggers: Pet Dander • Cockroaches • Smoke • Clutter • Mold • Dust • Stuffed Animals

Job Badges

➤ Captain Clutter ◀

➤ Commander Clean ◀

➤ Deputy Duster ◀

➤ Super Sweeper ◀

➤ Major Cleanup ◀

➤ Pet Patrol ◀

➤ Kitchen Commando ◀

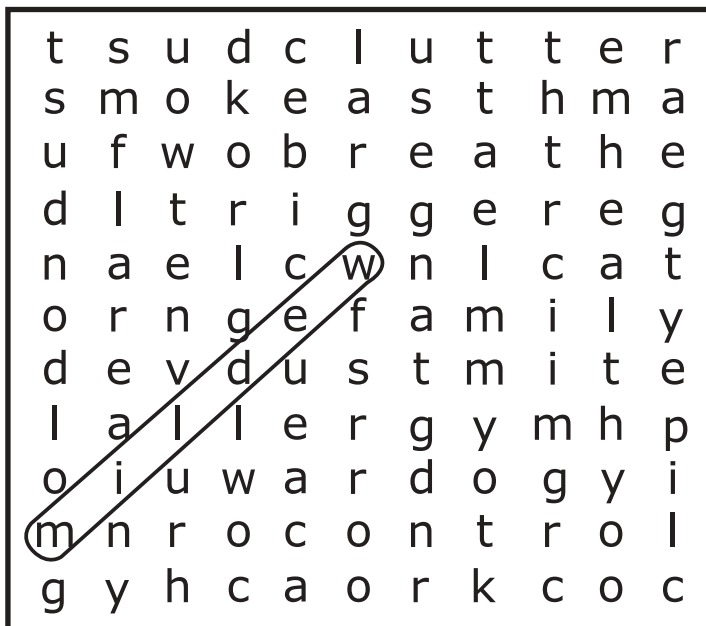
➤ Clutter Control Crew ◀

➤ Vacuum Patrol ◀

Know Your Triggers

An Asthma Word Search

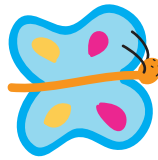
There are 21 "asthma-related" words hidden below. See if you can find them all!



Tip: This cluttered puzzle has double the dust! Be sure to check in the corner, where dust likes to hide . . .

- Allergy
- Asthma
- Breathe
- Cat
- Clean
- Clutter
- Cockroach
- Control
- Dander
- Dog
- Dust
- Dust mite
- Family
- Flare
- Healthy
- Lung
- Mildew
- Mold
- Rug
- Smoke
- Trigger

In the Right to Breathe!

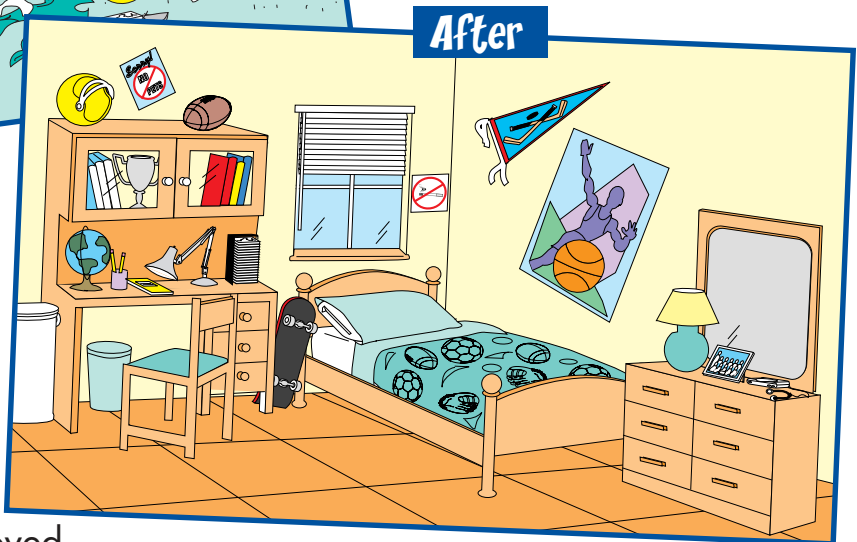


"C" the Difference!



Check out the changes in the "before" and "after" — to see how to keep asthma under control!

Hint: All changes begin with the letter "C".



Fill in the blanks, and then transfer the numbered letters to discover the Secret Answer below!

The ⁵ is off the bed.

The ⁴ was removed.

The ² are gone.

The ⁶ are put away.

The books are in a closed ¹.

My whole family helped clear ³ away.

 ⁷ keeps my asthma triggers under control!



"C" Words

- | | |
|----------|----------|
| carpet | clutter |
| cat | cupboard |
| cleaning | curtains |
| clothes | |

When my family joins the Asthma Trigger Patrol . . .

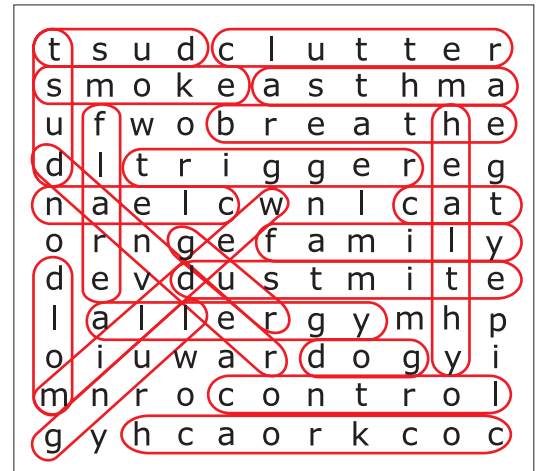
I can ¹ ² ³ ⁴ ⁵ ⁶ ⁷ !

Cleaning to Control Allergies and Asthma

Answer Key



Know Your Triggers



"C" the Difference!

The CAI⁵ is off the bed.

The CARPET⁴ was removed.

The CURTAINS² are gone.

The CLOTHES⁶ are put away.

The books are in a closed CUPBOARD¹.

My whole family helped clear CLUTTER³ away.

CLEANING⁷ keeps my asthma triggers under control!

When my family joins the Asthma Trigger Patrol . . .

I can BREATHE!

1 2 3 4 5 6 7