Prescriptions for Prevention

Controlling Allergens
in your child's bedroom

Did you know?

Asthma triggers such as dust mites, pollen, pests, pet dander, tobacco smoke, and mold spores can be present in household dust. Reducing dust is especially important where your child sleeps.

Action Plan

- Wet dust and wet mop bedroom hard surfaces/floors regularly to get rid of dust. Use a damp cloth or a gentle cleaner (see recipe on next page).
- Avoid wall-to-wall carpeting in the bedroom (if possible) since carpets can trap dust. For small area rugs, choose low pile and vacuum regularly (with a HEPA vacuum).
- Keep the beds dust-free by:
  - Use Asthma and Allergy Foundation Certified covers on pillows, mattresses, and box springs.
  - Wash sheets and blankets weekly in hot water to kill dust mites (dark colored bedding will fade in hot water).
  - Wash stuffed toys regularly. If they cannot be washed, keep them out of sleeping areas.
- Keep other fabrics dust-free by vacuuming fabric-covered furniture (with a HEPA vacuum) and washing curtains/textiles regularly.
- If your child is allergic to a pet, keep the pet out of the bedroom. Pets that go outside collect both outdoor and indoor allergens on their fur/hair so they should be kept out of bedrooms.
- Keep humidity levels ideally between 30-50% (more information on the next page).
- If you smoke, try to quit. If you can't quit now, smoke outside and change your clothes before coming inside.

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

Prescriptions for Prevention

Resources

All-Purpose Household Cleaner for Routine Cleaning

1 cup warm water
3 drops unscented liquid soap
1/2 cup white vinegar
Optional: add lemon juice

Environmental Working Group

Click this link or scan the QR code to use the Environmental Working Group's database to select safer cleaning products:

How to Measure Humidity in Your Home:

Hygrometers or Humidity Monitors can be purchased for around $10 to measure the humidity in your home.

Humidity levels should be kept at 30% - 50% to prevent dust mites. You can lower humidity with an air conditioner or dehumidifier.

Beds for Kids Program

To receive free beds and bedding supplies, click this link or scan the QR code:

Built to Last Program

This program offers a free, "one stop shop" for home repairs. To learn more, click this link or scan the QR code:

Community Asthma Prevention Program

To learn more about CHOP's free education and support resources for children with asthma, click this link or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
Children's Hospital of Philadelphia
NIEHS Grant: P2CES033428