Prescriptions for Prevention

Indoor Air

Did you know?

People spend about 90% of their time indoors where the air is usually 2-5 times more polluted than outdoor air!

Action Plan

- If you smoke, only smoke outside the home. Chemicals and nicotine that settle on surfaces can trigger an asthma attack.
- Choose “low-VOC” products (ex: water based paints).
- Fix water leaks to prevent mold.
- Use a stove hood while cooking. With gas stoves, use an exhaust fan that vents outside.
- Install smoke alarms and carbon monoxide detectors. Check batteries regularly.
- Avoid air fresheners, candles and harsh cleaners.
- Sign up for Air Quality alerts at **airnow.gov** and see the pollen count forecast on **weather.com** under the specialty forecasts allergy tracker. Open windows only when air quality is good and pollen counts are low.
- Wet dust and mop regularly to control dust.
- Make sure your vacuum cleaner contains a High Efficiency Particulate Filter (HEPA).

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

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Resources

Fixing Leaks

If you are a home owner and need assistance fixing leaks or other home structural problems you may qualify for help through the Philadelphia Energy Authority. There is sometimes a waiting list. For more information, call (215) 686-4483 or fill out their application by clicking here or scanning the QR code:

Volatile Organic Compounds

To identify sources of VOC's in your home, click here or scan:

To find low VOC air fresheners click here or scan to visit EWG's website:

Quit Smoking

For free counseling and/or medication, call 1-800- QUITNOW or visit smokefreephilly.org

Healthier Cleaning

The Environmental Working Group database lists the least toxic cleaning products to use at home. Visit: ewg.org/guides/cleaners

For asthma home visits and classes

The Community Asthma Prevention Program conducts home visits with eligible children and their families to provide education, supplies, and support on managing your child's asthma. For more information you can call (215) 590-5261, click here or scan for their website:

Free Smoke Detector

Philadelphia residents can have a free smoke detector installed by calling 311 or visiting:

For strategies to improve your indoor air quality, visit: epa.gov/indoor-air-quality-iaq

Learn more about Carbon Monoxide: cdc.gov/co

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

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