



# Health Notes



School

Date

Nurse

## DON'T LET YOUR HOUSE MAKE YOU SICK!

When you think of homes that are allergy traps, you might imagine a musty Victorian home or a moldy old bungalow. Think again. Newer, energy-efficient homes may be tight enough to keep the cold and heat outside, but they can also trap dust mites and mold inside.



Simple steps will keep your home free of allergens. Whether your home was built in 1900 or 2000, use the ideas listed below to reduce the four main sources of indoor allergens.

### To Get Rid Of: Dust and Mold

- ◆ Wet-mop or vacuum floors.
- ◆ Remove dust from area rugs, furniture, curtains and windows.
- ◆ Enclose pillows and mattresses in plastic or vinyl allergy-proof coverings.
- ◆ Replace upholstered

furniture, which can trap dust, with non-upholstered furniture.

- ◆ Run the air conditioner in the summer instead of opening windows to lower humidity in the home.
- ◆ Look for mold in the bathroom, basement, attic, refrigerator and in carpets.
- ◆ Clean mold with chlorine bleach.
- ◆ Remove basement carpets, breeding places for mold.
- ◆ Repair leaky faucets.
- ◆ Stop using humidifiers; start using a dehumidifier.

### To Get Rid Of: Pet Dander

- When possible, keep pets outside.
- Restrict pets to rooms without carpet.
- Keep pets out of bedrooms.
- Make sure your pet gets washed regularly.
- Let someone else groom your pet.



### To Get Rid Of: Pollen

- ⇒ Keep windows closed.
- ⇒ Run an air conditioner in the summer.

If you have any questions or concerns about your child's allergies, contact your physician or the school nurse. For more school health information, contact your school nurse at

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*Contributed by the Central Ohio Association of School Nurses*