

Asthma-Housing Recommendations

Insulation and weather stripping up to the current code.

Kitchen and bathroom vent fans up to current code.

Basement totally dry - no dampness, mold or mildew in any location.

Crawl space vapor sealed and insulated up to current code.

Minimize dust as much as possible. Make the bedroom as dust free as possible. Remove carpet if possible. Use mattress dustproof casings (1-800-ALLERGY). Use synthetic blankets, not quilts or comforters. No feather pillows. Dust furniture with a damp or oiled cloth to avoid raising the dust.

Remove stuffed animals and consider a room air filter.

Forced air electric or gas furnace with filter. Pleated, electronic, or micropore filter is to be used, not the old standard fiberglass filter which removes only large particles from the air.

Hardwood, tile or vinyl floors except in the living room.

Washer and dryer in separate room with closeable door, exhaust fan for room and dryer vent to current code.

If previous occupants smoked or had pets, walls and ceilings should be scrubbed and repainted, and carpet and floors cleaned.

Don't allow animals in the household, especially sleeping areas.