



**Alameda County
Lead Poisoning
Prevention Program**

**510-567-8280
www.aclppp.org**

A Key to Healthy Housing

INDOOR AIR QUALITY

Indoor air quality affects everyone, especially children and those with asthma and other lung diseases. You can dramatically impact the quality of the air in your home!

- Let fresh air in by opening windows when you are home.
- Use the exhaust fans and the clean its filters in kitchens & bathrooms.
- Control moisture levels in your home by fixing roof, window, and plumbing leaks immediately.
- Make sure your gas-burning appliances are in good working order and are venting properly.
- Maintain your heater and change the filters at least twice a year.
- Do not use the oven as a source of heat for the home.
- Limit the use of wood burning fireplaces.
- Maintain working smoke and carbon monoxide detectors in your home. Replace batteries regularly.
- Do not use barbecues or generators inside your home or garage or outside near open windows.
- Use a HEPA vacuum to reduce allergens in the home.
- Control pests by removing access, food and water sources, not by spraying or fogging with chemicals.
- Limit your use of scented products like incense, air and fabric fresheners, and cleaning products.
- Buy furniture, carpet, and paint designated “low-emission” to reduce chemical exposure.
- Contain dust during home repairs to reduce asthma triggers and exposure to lead dust. Find more information about working lead-safe at www.aclppp.org.

Reduce harsh chemicals in your home by making cleaning products:

All-Purpose Cleaner: In a spray bottle, combine equal parts distilled white vinegar and water. Add a few drops of lemon juice for a fresh scent or a few drops of tea tree oil for disinfectant properties. Shake before using.

Window & Mirror Cleaner: In a spray bottle, combine two parts water and three parts distilled white vinegar. Spray on windows/mirror and wipe with newspaper or paper towels.

Scrub Cleaner: In a glass jar, mix baking soda with liquid castile soap until a paste is created. If desired, add a few drops of lemon juice for fragrance or tea tree oil for disinfectant properties.

SMOKE-FREE HOUSING

Whether you rent or own, smoke-free housing is an important goal for the health of your family.

Smoking is the number one cause of fire deaths in the U.S. Second-hand smoke is a leading trigger of asthma attacks, other respiratory problems, and Sudden Infant Death Syndrome. Prenatal exposure leads to three times the asthma symptoms later in a child’s life, as well as nearly four times the number of asthma-related emergency room visits.

Help to keep your home smoke-free is available from:

American Lung Association www.lungusa.org/stop-smoking
(510) 638-5864

California Smokers’ Helpline www.nobutts.org 1(800)662-8887
Public Health Law & Policy www.phlphnet.org/tobacco-control

PARENTS

Does your child have asthma?

Is your child under 18?

Does your child live in Alameda County?

GOOD NEWS!

You qualify to receive **free** in-home asthma education and asthma trigger reduction services from the **Alameda County Healthy Homes Project**.

Ask your child’s doctor to complete a referral form. The doctor’s office can call (510) 567-8280 for referral forms.