

Asthma-Friendly Bedroom Checklist

Do you use zippered covers on the mattress, box spring, and pillow on your child's bed?

Do you wash your child's bedding once a week in hot water?

If you have stuffed toys in the bedroom do you wash them monthly in hot water?

Do you have a vacuum cleaner?

If you have a vacuum cleaner do you vacuum your child's bedroom/sleep area once a week?

Do you dust your child's bedroom/sleep area once a week with a damp cloth or a cloth that attracts dust?

Does your child's bedroom/sleep area have washable curtains?

If so do you wash them regularly in hot water?

Do you have pets?

If so, are they allowed indoors?

If so, do you keep them out of your child's bedroom/sleep area?

Is smoking allowed inside your home?

If your child sleeps on something other than a bed, do you cover it with a clean sheet or slip cover that you can wash, or is it washable (like a sleeping bag)?

Is there a TV in your child's bedroom/sleep area?

Is eating permitted in your child's bedroom/sleep area?



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