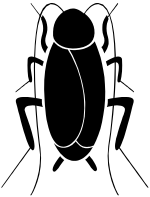

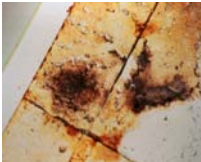









| Asthma Trigger   | Owner Options  | Renter Options   |
|--|--|--|
| <p data-bbox="147 323 358 447"><b><i>Cockroaches, rats, mice, vermin, etc.</i></b></p>   | <p data-bbox="451 218 959 281" style="text-align: center;"><u>Post this checklist where it can be seen and used</u></p> <ul style="list-style-type: none"> <li data-bbox="428 291 987 359">☐ Must rent units in clean condition, free of vermin and rodents</li> <li data-bbox="428 365 927 432">☐ Must supply enough covered trash &amp; garbage disposal bins; routine removal</li> <li data-bbox="428 438 789 472">☐ Provide garbage disposals</li> <li data-bbox="428 478 967 585">☐ Use integrated pest management (use of poison bates, traps, boric acid, NOT more toxic chemical agents)</li> <li data-bbox="428 592 971 732">☐ If chemical agents are used, notify tenants in advance, ventilate the area well; tenants should not return until odor has dissipated</li> <li data-bbox="428 739 954 846">☐ Plug holes or gaps greater than .25 inch diameter between construction materials and pipes using clean steel wool</li> <li data-bbox="428 852 984 989">☐ For mice/rats, set traps in high activity areas. Place three traps in a row within one foot in order to prevent rats from jumping over them.</li> </ul> | <ul style="list-style-type: none"> <li data-bbox="1010 291 1451 325">☐ Don't leave food or garbage out</li> <li data-bbox="1010 331 1403 399">☐ Don't leave dirty dishes out, clean or leave in soapy water</li> <li data-bbox="1010 405 1446 472">☐ Don't leave dirty or wet clothes or towels on the floor</li> <li data-bbox="1010 478 1411 546">☐ Place dirty toilet paper in the toilet or sealed garbage can</li> <li data-bbox="1010 552 1427 659">☐ Use a thin line of boric acid along walls or wherever you see roaches</li> <li data-bbox="1010 665 1398 732">☐ Routinely dry the water pan under the refrigerator</li> <li data-bbox="1010 739 1446 806">☐ Reduce clutter (provides hiding place for roaches)</li> </ul> |
| <p data-bbox="147 1037 386 1161"><b><i>Excess moisture (mold and mildew)</i></b></p>    | <ul style="list-style-type: none"> <li data-bbox="428 1005 927 1039">☐ Keep indoor humidity at 50% or less</li> <li data-bbox="428 1045 980 1113">☐ Have no broken windows (or windows that can't easily open), leaky roofs or pipes</li> <li data-bbox="428 1119 980 1226">☐ Have a regular schedule for inspecting roofs, ceilings, walls, floors and carpets for water and moldy odor</li> <li data-bbox="428 1232 964 1339">☐ Have washer and dryer hookups, high quality bath and kitchen fans, and directly vent each to outside</li> <li data-bbox="428 1346 980 1379">☐ Don't allow sprinklers to strike buildings</li> <li data-bbox="428 1386 899 1453">☐ Assure an adequate HVAC system (inadequate system traps moisture)</li> <li data-bbox="428 1459 948 1600">☐ Immediately and thoroughly dry damp building materials or furnishings (any dampness remaining after 24 hours can grow molds)</li> </ul>   | <ul style="list-style-type: none"> <li data-bbox="1010 1005 1427 1146">☐ Keep bathroom and kitchen windows open when showering, cooking or using the dishwasher (or immediately after)</li> <li data-bbox="1010 1152 1459 1293">☐ If no windows or fans, use a small 6-inch fan in kitchen and bathroom to blow humid air out of the room</li> <li data-bbox="1010 1299 1463 1554">☐ Wash mold off hard surfaces mixing 3 tablespoons of bleach per 1 quart of water, apply to moldy surface, wait 10 minutes, then dry off completely (<b>do not do while child with asthma is in the home</b>)</li> <li data-bbox="1010 1560 1435 1627">☐ Do not have house plants, they are a source of mold</li> </ul>                           |
| <p data-bbox="147 1635 315 1669"><b><i>Dust mites</i></b></p>   | <ul style="list-style-type: none"> <li data-bbox="428 1640 971 1747">☐ Remove carpets, especially in bedrooms and on concrete. Ideal flooring is smooth &amp; easy to clean: wood, vinyl, tile</li> </ul>  | <ul style="list-style-type: none"> <li data-bbox="1010 1640 1455 1707">☐ Remove all area rugs, especially from child's room</li> <li data-bbox="1010 1713 1354 1747">☐ Clean with a damp cloth</li> <li data-bbox="1010 1753 1455 1894">☐ Vacuum carpet and fabric furniture every week using HEPA filter vacuum bags when person(s) with asthma isn't home</li> </ul>   |

| <b>Asthma Trigger</b>  | <b>Owner Options</b>   | <b>Renter Options</b>  |
|--|--|--|
| <p><b><i>Dust mites</i></b></p>    |  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Replace curtains with shades or blinds (vertical blinds are best)</li> <li><input type="checkbox"/> Do not use humidifiers</li> <li><input type="checkbox"/> Reduce clutter</li> <li><input type="checkbox"/> Cover mattress and pillows with dust-proof zippered cover</li> <li><input type="checkbox"/> Wash sheets and blankets weekly at 130 degrees to kill dust mites</li> <li><input type="checkbox"/> Use 100% cotton blankets instead of comforters</li> <li><input type="checkbox"/> Minimize stuffed toys in children's beds and wash them weekly in hot water</li> <li><input type="checkbox"/> Avoid lying or sleeping on upholstered furniture</li> <li><input type="checkbox"/> Take your shoes off as you enter your home</li> </ul> |
| <p><b><i>Pets</i></b></p>    |  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Choose pets without furs or feathers</li> <li><input type="checkbox"/> Keep pets out of child's room and off of fabric-covered furniture, carpets and stuffed toys</li> <li><input type="checkbox"/> Consider keeping pets outdoors or finding a new home if necessary</li> </ul>  |
| <p><b><i>Strong odors, tobacco smoke and fumes</i></b></p>    | <ul style="list-style-type: none"> <li><input type="checkbox"/> Choose to make smoke-free units available (contact the Smokefree Apartment House Registry for more information on making smoke-free unites available)</li> <li><input type="checkbox"/> Provide adequate insulation, an energy-efficient heating system, and electric appliances</li> <li><input type="checkbox"/> Have gas, oil or kerosene appliances and heaters professionally installed and routinely maintained</li> <li><input type="checkbox"/> Reduce particleboard and products, which emits formaldehyde vapor</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Quit smoking! Contact your local health department to help you quit.</li> <li><input type="checkbox"/> Choose not to smoke and do not allow others to smoke in your home</li> <li><input type="checkbox"/> Wear a "smoking jacket" to smoke and leave outside before picking up child</li> <li><input type="checkbox"/> Do not use your stove or oven to heat your home</li> <li><input type="checkbox"/> Do not use perfumes or scented lotions or candles</li> <li><input type="checkbox"/> Use non-toxic, less expensive cleaners such as baking soda, borax and vinegar to clean your home</li> </ul>  |
| <p><b><i>Outdoor allergens</i></b></p>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Select groundcovers and bushes that reduce allergens, dust, maintenance, moisture and chemical dependence</li> </ul>   |  |