

Asthma Facts



NH HEALTHY SCHOOLS: CLASSROOM CLEANOUT

Cleaning out your classroom at the end of the year is the best time to make it a healthier place for you and your students.

Many items in the classroom can trigger **allergic reactions** or **asthma episodes**.

THINGS TO LOOK OUT FOR IN YOUR CLASSROOM

- **Clutter** – can make it difficult for custodians to clean
- **Stuffed animals** – can harbor dust
- **Art supplies** – can emit irritating odors



SOME TIPS TO GET STARTED

Separate items in the classroom into three boxes:

Keep, Recycle, Toss

KEEP...

Items that you have used in the last year or plan to use next year

RECYCLE...

Items that could be used by someone else

TOSS...

Items that you do not use and no one else could have a use for



DID YOU KNOW?

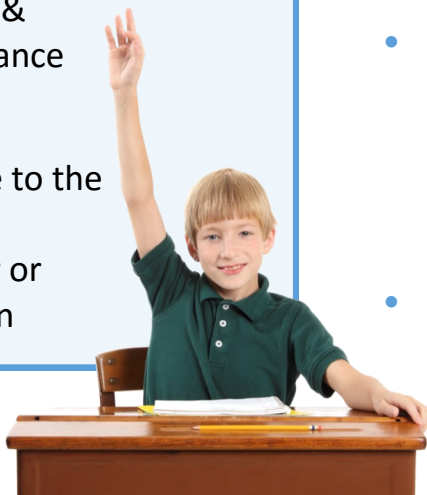
Nearly 1 out of 2 children miss at least **one day** of school due to their asthma!

Environmental asthma triggers commonly found in school buildings include respiratory viruses, cockroaches, pests, mold, & dander from animals in the classroom



CLASSROOM CLEANING CHECKLIST

- Remove food and beverages from the classroom & wash down refrigerators
- Take down all bulletin board covers and classroom decorations
- Find a summer home for all plants, animals, and fish tanks
- Remove any household humidifiers and air purifiers
- Wash fabric items often (i.e. stuffed animals, curtains, pillows, blankets)
- Clean out filing cabinets and closets
- Keep air vents unblocked. This allows easy access for cleaning & maintenance
- Report moisture to the facilities manager or custodian



PACKING UP FOR THE SUMMER

- Use a damp or microfiber cloth to clean and dry items before packing
- Use clear plastic bins for easy to see and clean storage
- Minimize stacks of paper by using binders. Even better, scan and electronically save documents
- Get rid of or recycle old construction paper, which creates dust and paper fibers
- Ask your custodian for cleaning products for your classroom. Avoid bringing in cleaning supplies from home



PREPARE FOR THE NEW SCHOOL YEAR

- Use low-emission markers, white board cleaners, and art supplies
- Laminate old pages to prevent deterioration
- Rotate materials in and out of the classroom throughout the year to reduce clutter. You can rotate toys, books, games, decorations, and art supplies
- Purchase or request plastic bins to store paper, books, and other supplies

Visit [AsthmaNowNH.org](https://www.AsthmaNowNH.org) to get more information on Asthma and Healthy Schools