

Asthma Facts



NH HEALTHY SCHOOLS: TIPS FOR A CLEAN & HEALTHY CLASSROOM



An average of **1 in 10** school-age children now has asthma.

Children spend **90%** of their time indoors, much of which is in the school setting.

Unhealthy school environments can impact a child's health, attendance, concentration, and academic performance.

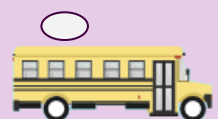
Asthma is a leading cause of school absenteeism, accounting for nearly **13 million** missed school days per year in the U.S. In New Hampshire, **34%** of children report having poorly controlled asthma.

COMMON ENVIRONMENTAL TRIGGERS IN & AROUND SCHOOL BUILDINGS

- **Respiratory Viruses** – remain on surfaces and are easily spread
- **Cockroaches and Other Pests** – are an asthma trigger for some children
- **Mold** – excess moisture can cause mold to develop
- **Dander**– can be from animals in the classroom or pets at home
- **Cleaning Products**– contain chemicals that irritate the lungs
- **Secondhand Smoke**– smoking near a school building
- **Dust Mites**– are attracted to debris
- **Perfumes**– strong odors can impact lungs
- **Bus Exhaust**– idling buses emit particle pollution

At least **50%** of NH schools have an “anti-idling” policy

A trigger-free environment can help keep students and staff stay healthy and ready to learn and work!



DESIGN AN EASY TO CLEAN CLASSROOM!



- Avoid clutter as it can impact your students' ability to concentrate
- Use plastic bins for storage. They can easily be wiped off and labeled
- Use three ring binders or electronically scan materials to store papers
- Avoid upholstered furniture & pillows in the classroom. They can harbor dust, dust mites, germs, and are hard to clean
- Limit the use of area rugs. If you must use them, clean them regularly
- Store all food in hard plastic, glass, or metal containers to keep pests away

Set up a cleaning schedule!

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
DAILY	• Stack chairs, pick up papers and put trashcan by the door					
WEEKLY	• Dust surfaces with microfiber or damp cloths • Encourage students to assist with clean-up					
MONTHLY	• Wash stuffed animals and other fabric items to get rid of dust mites and germs • Take down student art and paper decorations as they collect dust and breakdown • Wash refrigerators and other appliances					
SCHOOL BREAKS	• Wipe down hard surfaces • Avoid using cleaning sprays and disinfectants as they stay in the air long after use, and can be dangerous for children with asthma					

ALLOW YOUR CLASSROOM VENTILATION SYSTEM TO WORK PROPERLY

- Make sure air supply and vents are not blocked. Keep ventilation, cooling, and heating units clear from debris.

LOOK FOR AND REPORT ANY SIGNS OF WATER OR MOISTURE

- Look for stained ceiling tiles, wet or damp windowsills, and leaks under the sink.
- If you find moisture, report it immediately to the custodian.

ORDERING CLASSROOM SUPPLIES

- Use only low-emission markers and art supplies.

Visit AsthmaNowNH.org to get more information on Asthma!