

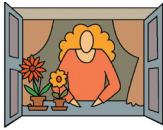
## Healthy Home Challenge

Directions for facilitators:

Copy the following pollutants and solutions and cut them apart. Give each participant a slip of paper. Tell them that one person has the pollutant or trigger and that someone else has a solution for reducing that pollutant or trigger. Have participants walk around and find the pollutant-solution match.

After participants have time to find the pollutant-solutions matches, talk about each one. Have participants take turns reading the pollutant-solution. Go to the section in the script that matches the pollutant/trigger on pages HH14-HH18 and discuss solutions. Ask participants if they know of other solutions that aren't listed on the matching slips. Bring up other information from the script to add to the discussion. It does not matter in which order the slips are read.

Pollutant-Trigger	Solution
Dust mites	wash bedding in hot water
Dust mites	put non-washable stuffed toys in a sealable plastic bag and freeze for 24 hours
Cockroaches	get rid of stacks of newspapers and cardboard boxes
Mice	keep food in sealable containers



keep bedroom door closed during the day and keep pets off of the bed

Pet dander

have hard surface floors instead of carpet

Cat or dog fur

ask people not to smoke in your car or home

Secondhand smoke

keep children and people with allergies and asthma out of the room for two hours

Pollutants in the air from vacuuming

use a high-efficiency vacuum with a HEPA filter

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