

JUST FOR KIDS

Indoor Air Scavenger Hunt

Breathing easy doesn't have to be a chore. Organize a scavenger hunt this weekend! Copy this sheet for your friends and have a competition to see who can score the most points.



*Make your bedroom a retreat
Where you can breathe easy
Get rid of allergens and triggers
That make you wheezy*

*Dust mites are tiny
But pack a big punch
Cover pillows and mattresses
To avoid being their lunch*

Allergens in dust mite poop and body parts can make you sneeze.

- Cover your pillows and mattress with special covers called "encasements" to put a barrier between you and dust mites. **15 points**
- Wash sheets, blankets and comforters in HOT water (130° F) weekly to kill the dust mites that set up shop there. **15 points**
- Wash stuffed animals in HOT water (130° F) too or put them in a deep freeze. Better yet, give them away to kids who can love them without sneezing. **10 points**
- Dust and vacuum every week. **10 points**

*Pens and markers with fragrance
Make you sniffle and sneeze
Keep odors out your bedroom
So your creativity can breathe*

Paint, markers, crayons – even Elmer's® school glue – can trigger asthma and allergy symptoms.

- Buy unscented art supplies. **10 points**
- Seal up smelly products in an airtight container and use them outside or in rooms with good air circulation. **10 points**

*Roaches and rodents
Aren't good family pets
Getting rid of their snack bar
Is the first step!*

Food crumbs attract insects and rodents who think your home is a free buffet – and who leave behind allergens.

- Keep food contained to the kitchen and dining room (no snacking in your bedroom!). **10 points**
- Empty your bedroom trash every week. **15 points**
- Throw food wrappers or uneaten food from your backpack into the kitchen trash, not your bedroom trash can. **5 points**

*Cigarette smoke
Does more than just smell
Smoke can be toxic
And make you unwell*

When someone around you is smoking a cigarette or cigar, you're basically smoking too. Called secondhand smoke, it can trigger asthma attacks and allergies – even cause lung cancer! Ask people who visit your house not to smoke at all. Even smoking outside doesn't get rid of the problem because smoke clings to their clothes and hair.

- Make a "No Smoking" sign for your bedroom door. **5 points**

100 Points: Great job!
80 Points: Time for a family meeting.
60 Points: Call a HazMat team and get to work!

Total points: _____