



Mission In Motion

Health & Wellness Weekly Bulletin

October 2012—Healthy Lungs



October 15, 2012: Week 3



Is your home making you sick?

Controlling the home environment is a very important part of asthma and allergy care. Here are some general rules for your family to follow:

- Reduce or remove as many asthma and allergy triggers from your home as possible.
- Use air filters and air conditioners—and properly maintain them—to make your home cleaner and more comfortable.
- Pay attention to the problem of dust mites. Work hard to control this problem in the bedroom.
- Vacuum cleaners with poor filtration and design characteristics release then stir up dust and allergens. Select a unit with high-efficiency filters such as micro filter or HEPA media, good suction, and sealed construction. Anyone with asthma or allergies may want to avoid vacuuming.

Source: American Lung Association



Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

