

AIM (Asthma Intervention Methods) Program

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	Recommended action (check one)	
	Completed	Not completed
<i>Cockroach control</i>		
• Deprive roaches of food and water.		
* Clean and disinfect behind, under, and all around stove and cook top surfaces, refrigerator, dishwasher and other places where roaches can find food or water.	_____	_____
* Remove, clean, disinfect, and re-insert the refrigerator's condensate pan (located underneath the refrigerator).	_____	_____
* <i>When moving a gas stove be certain not to strain the flexible gas line connection between the stove and the gas connection on the wall. Whenever moving a heavy appliance like a stove or refrigerator, back strain injuries often occur. Please be sure to have 2 strong people available and to proceed thoughtfully to avoid injury and/or damage.</i>		
* Clean inside and on top of all kitchen and bathroom cabinets and drawers.		
* Always take out the garbage clean the kitchen before going to bed, and, if possible, dry the dishes.		
* Identify and repair leaks from plumbing fixtures and pipes.		
• Identify cracks and wall/floor openings through which roaches may gain access to your apartment. Seal small cracks with a low-toxicity product such as Foster 30-19 Water Based Sealer. Never use the aerosol cans of expandable foam as these products contain allergic sensitizers such as toluene diisocyanate. For larger openings, use Reflectix (semi-rigid foil covered poly sheeting) affixed with duct tape.	_____	_____
• Put down the Combat gel behind stoves, refrigerators, under dishwashers, and other sites <i>where kids and pets cannot reach and where it cannot come into contact with food, pots, dishes, or utensils. Combat gel is toxic if ingested. Avoid skin contact and wash hands thoroughly after using. Store away from reach of children.</i>	_____	_____
• Put down Combat bait stations in the areas indicated on the box and change them every 90 days (free replacements will be sent).	_____	_____
• Unless you have a HEPA filtered vacuum, do not vacuum roaches or areas with high roach infestations because vacuum exhaust may spew out small respirable roach allergen particles. Avoid using Dustbusters. Use disposable paper towels and a detergent/bleach solution.		
• Do not use pesticide sprays, fogs, or bombs as these products leave a residue on surfaces that when touched can trigger an allergic reaction.		

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Recommended action (check one)

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<i>Dust mite control</i>	Completed	Not completed
<ul style="list-style-type: none"> • One study showed that about 10% of the mass of a 6 year old pillow was composed of dust mite matter. Cover the allergic person's pillow and mattress with a dust mite proof zip on pillow case enclosure. 	_____	_____
<ul style="list-style-type: none"> • Wash all bedding, including blankets and comforters, weekly in hot sudsy water with bleach. 	_____	_____
<ul style="list-style-type: none"> • Do not use down feather comforters or down filled pillows. 	_____	_____
<ul style="list-style-type: none"> • Put a sheet (fine weave works best) over chairs and couches. 	_____	_____

Mold control

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|--|-------|-------|
| <ul style="list-style-type: none"> • Water damage often results in mold growth. If you see discolored walls or ceilings, this is probably mold, and even if the damage is old, mold spores may still be breaking off causing an exposure. If you see black mold on ceilings and walls, this is a clear sign of potentially hazardous mold growth, but other colors may also be both allergenic and toxic. | _____ | _____ |
| <ul style="list-style-type: none"> • Before these areas are cleaned, wet scraped, and disinfected, all furnishings should be removed from the work area and plastic sheeting "drop cloths" should be masking taped to the ceiling to completely enclose the work area. Workers performing this work should be free of allergies and should wear HEPA filtered respirators. The work area should be thoroughly cleaned, using paper towels and a detergent/bleach solution before removing the plastic sheeting. | _____ | _____ |
| <ul style="list-style-type: none"> • If the leak has not been fixed, the landlord should be notified and if the leak is not fixed promptly, a complaint can be filed with the NYC Department of Housing and Preservation (HPD) or NYC Dept. of Health at 311. | _____ | _____ |
| <ul style="list-style-type: none"> • <i>Warning:</i> Paint damaged by leaks may also be a lead hazard. Use the Lead Check swabs provided FREE for AIM participants to screen for a lead hazard on any damaged paint surface. Landlords are required by NYC law to maintain painted surfaces in intact condition. Surfaces first painted prior to 1960 are presumed by law to be painted with lead paint. If you get a positive screen result and need assistance, call the NYC HPD (311). | _____ | _____ |

If Lead Check is positive, please indicate room(s) and location(s):

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Other frequent exposures

- Second hand cigarette smoke. For the sake of sensitive asthmatics, use exhaust fans or smoke

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outside.

- Supplemental heating appliances, especially wood burning stoves and fuel burning heaters, cause high levels of particulates and nitrous oxides. Consider using electric heaters as an alternative (please be careful of fire hazards associated with all such supplemental heaters).
- Cats - if you have cats or dogs and want to try to tolerate them, keep them out of the allergic person's bedroom, and put sheets over chairs and couches. Change the sheets frequently and wash them in hot sudsy water with bleach.
- Forced air heating and air conditioning systems may incubate and aerosolize bacteria and mold, and may aerosolize fiberglass and dust particles. The air handler (central A/C system) or the fan-coil unit (room controlled systems) should be inspected by a qualified technician for signs of discoloration (usually caused by mold and bacteria) and for deteriorating fiberglass insulation.
- Carpets and rugs collect dust, bacteria, mold, and allergens, and almost all vacuum cleaners exhaust these microscopic respirable particles into the air where they can be breathed or settle onto surfaces, including bedding, where exposures may occur by breathing or touching (hand to nose, hand to eyes). In general, carpets and rugs should be avoided in your bedroom, and you should allow several hours before re-entering other rooms after vacuuming. When vacuuming in the bedroom of the allergic person, the bedding should be covered with a clean sheet during and for several hours after vacuuming. Dusting should always be performed after vacuuming using damp cloths.
- Outdoor airborne particle levels are often 10 times higher than EPA standards, and include mold, pollen, and soot.
- Dried saliva, dander, and cat and dog hair accumulate on couches, comforters and pillows, resulting in exposures by touching and inhaling. Pigeons on window sills and pet birds may also cause exposures.
- Most units not only act as bacterial breeding grounds and aerosolized disseminators, but may also saturate bedding and other absorptive furnishings thereby promoting the growth of fungi, bacteria, and dust mites.
- Paint removers, paints, wood finishes, dry cleaning, cleaning/degreasing solvents, tobacco smoke, pesticides, fuel oil spills, automobile exhaust, cleaning products, new furnishings, formaldehyde, and cosmetics are common sources of exposure causing allergic and toxic responses. Vapors and odors may originate on site or from adjoining spaces.
- To reduce energy costs and to avoid outdoor contaminants, many premises are inadequately ventilated, allowing the build-up of high levels of chemical vapors, odors, and microbes. In high rise apartments, the primary "fresh air" source is the common hallway air that often contains high levels of particulates including mold and tobacco smoke.