

## Safe Sleeping Zone

Make a space where your child's lungs can rest all night.

### Reducing Dust and Dust Mites

- Put pillows and mattress in special dust mite covers
- Wash blankets, sheets, and pillowcases in **hot** water every week
- Vacuum once a week when your child is **not** in the room, using a double-layer bag or HEPA\* filter
- Use a clean, damp cloth to wipe all surfaces in your child's bedroom every week
- Clean all exposed floors with a damp mop every week
- Do not use a humidifier or vaporizer
- Keep stuffed animals out of bed. Wash in hot water or freeze them for 24 hours every week.

### Reducing other Triggers

- Do not allow any smoke, like tobacco, candles, or incense in the child's bedroom
- Do not allow any strong smelling perfumes, sprays, or cleaning products in the child's bedroom
- Do not use feather pillows or down comforters
- Do not allow your child to eat in the bedroom
- Do not allow pets in the bedroom



\*High Efficiency Particulate Air