A healthier environment for children and staff
The Wisconsin Asthma Coalition (WAC) invites your child care center to join us as we take control of asthma.

The purpose of the WAC child care walkthrough program is to decrease asthma symptoms in children by reducing exposure to environmental asthma triggers found within the child care setting.

This guidebook provides comprehensive do-it-yourself instructions to identify asthma triggers in the child care environment and offers low- and no-cost solutions to make your child care setting more asthma friendly.

A special thank you to Kristen Grimes, MAOM, MCHES and Wisconsin HealthCorps members Kristen Lunde, Allie Ceranske and Meng Xiong for their help in developing the WAC walkthrough programs and accompanying resources.
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WHO IS THE WISCONSIN ASTHMA COALITION?

WISCONSIN ASTHMA COALITION HISTORY

The Wisconsin Asthma Coalition (WAC) is an initiative of Children’s Health Alliance of Wisconsin, whose mission is to ensure children are healthy, safe and able to thrive. As Wisconsin’s voice for children’s health, the Alliance raises awareness, mobilizes leaders, impacts public health and implements programs proven to work. The WAC is working to take control of asthma by fostering partnerships to improve asthma management, enhancing the quality of life, reducing disparities and preventing asthma-related deaths.

CHILD CARE WALKTHROUGH HISTORY

The WAC child care walkthrough program is part of the Wisconsin Asthma Plan 2015-2020, www.chawisconsin.org/wac, a statewide guide to address asthma in Wisconsin. Using the National Asthma Education and Prevention Program Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma (NIH asthma guidelines), the plan focuses on the four components of care:

1) Routine health care  
2) Pharmaceutical care  
3) Education  
4) Environment

The child care walkthrough program is an objective in the environment section of the plan.

WANT TO GET INVOLVED?

Become a member of the WAC today for free. Complete a membership agreement at: www.chawisconsin.org/wac
ASTHMA AT A GLANCE

Asthma is a chronic lung disease that cannot be cured, but can be controlled. While we do not know what causes each individual to have asthma, we do know there are four components to effective asthma care. These include routine health care visits, appropriate medication use, patient education and control of environmental triggers.

People with asthma have inflamed, tightened, and mucous filled airways. An asthma attack (asthma exacerbation) occurs when the airways are irritated by triggers such as irritants, allergens, stress, cold temperatures and exercise.

Asthma symptoms include wheezing, chest tightness, shortness of breath and coughing. Asthmatics experiencing symptoms should follow their asthma action plan or talk to their doctor.

ASTHMA IN AN EMERGENCY

When taking care of a child with asthma be aware of signs of an emergency.

Call 9-1-1 if: breathing is hard and fast, ribs are sticking out, or the child experiences trouble walking, talking or sleeping.
WHY IMPLEMENT A CHILD CARE WALKTHROUGH?

CAUSE FOR CONCERN

Environmental asthma triggers may negatively affect children with asthma. Poor indoor air quality, as well as the increase in absenteeism due to asthma, can be linked to a decrease in test scores and lower grades. The WAC child care walkthrough program aims to increase student attendance by creating a healthier environment for students to learn and thrive.

DID YOU KNOW?

- In Wisconsin, asthma affects one in thirteen children, translating to about 100,000 children.
- Asthma is the most common chronic disease in childhood.
- Children younger than age 5 have the highest rates of hospitalization and emergency department visits in Wisconsin.
WHAT DOES A CHILD CARE WALKTHROUGH ACCOMPLISH?

PROGRAM BASICS

The goal of the WAC child care walkthrough program is to decrease asthma symptoms in children by reducing environmental asthma triggers found within child care settings. This is accomplished by:

- Identifying asthma triggers in the environment.
- Providing low and no-cost recommendations to eliminate and/or reduce environmental asthma triggers.
- Increasing knowledge and awareness regarding management of environmental asthma triggers.

The walkthrough program focuses on five main asthma triggers typically found in child care centers, as defined by the U.S. Environmental Protection Agency (EPA).

- Animals
- Cockroaches and other pests
- Dust and dust mites
- Mold, moistures and mildew
- Smoke and other odors
- Air quality

PROGRAM LOGISTICS

The WAC child care walkthrough program typically takes one to two hours to complete. When implementing a walkthrough with staff, time is spent assessing rooms and areas, and recording identified asthma triggers. A report will be sent to the child care center with suggested intervention strategies.
A walkthrough can be completed in three easy steps outlined below!

1) **TAKE ACTION**

Complete a child care walkthrough
- Become familiar with the five common categories of asthma triggers in child care settings.
- Use the trigger checklist to inspect all rooms of the center.

2) **TELL OTHERS**

Share the findings
- Record findings on the trigger checklist.
- Share the findings with administrators and/or staff.
- Send out an optional letter to parents and caregivers.

3) **MAKE CHANGE**

Create a healthier child care environment
- Prioritize and implement recommendations to remove or reduce environmental asthma triggers.
- Set a date for the next walkthrough (walkthroughs should be completed annually).
INSTRUCTIONS

Follow the walkthrough trigger checklist to lead you through the center. If the respective item or issue is identified in a room or area, the room number or room name should be written in the column titled “Where trigger was identified”. Then, follow the recommendations in the right column to make changes toward a healthier environment.

View Appendix I for a comprehensive child care walkthrough checklist.

WAC child care walkthrough trigger checklist

The child care walkthrough checklist is meant to guide you through the center. If the respective item or issue is identified in a room or area, the room name/number should be written in the blank column titled “Where trigger was identified”. Then, follow the recommendations in the right column to create a healthier child care environment.

<table>
<thead>
<tr>
<th>Trigger</th>
<th>Areas of Investigation</th>
<th>What to look for</th>
<th>Where trigger was identified</th>
<th>Recommendations</th>
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<td>Always have staff and children wash their hands after playing with a pet.</td>
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<td>cats, dogs,</td>
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<td>Acceptable animals include: fish and butterflies.</td>
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<td>Pests</td>
<td>Corners, behind</td>
<td>Droppings, dead</td>
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<td>Clean affected areas of droppings or dead pests.</td>
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<td></td>
<td>furniture, under</td>
<td>pests, or traps</td>
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<td>Develop and implement an integrated pest management (IPM) system.</td>
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<td>sink, along window</td>
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<td>Visit <a href="http://www.chawisconsin.org">www.chawisconsin.org</a> for more information.</td>
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<td>Replace area rugs or carpet squares with non-fabric materials such as foam mats, if possible.</td>
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<td></td>
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</table>

VISIT our website at www.chawisconsin.org/walkthrough to receive a free guided walkthrough and comprehensive findings report.
2) TELL OTHERS

INSTRUCTIONS

Follow these steps to share your walkthrough findings with your administrators and/or staff.

To accurately reflect the areas needing to be addressed in your child care center:

1. Insert the classroom numbers for which potential triggers were found during your walkthrough onto the trigger checklist.

2. Delete the recommendations that do not apply to your center.

3. Share findings from the checklist with staff and administrators.

4. Prioritize recommendations based on time, impact and available resources.

5. Create an action plan to make positive changes to your center’s environment.

VISIT our website at www.chawisconsin.org/walkthrough to receive a free guided walkthrough and comprehensive findings report.
LETTER TO PARENTS

2) TELL OTHERS

INSTRUCTIONS

The WAC encourages child care centers that complete a walkthrough program to share their efforts with parents to help inform a healthy environment at home.

Use the child care walkthrough letter to parents to promote the outcomes of your walkthrough.

Our template helps create a letter tailored to your center’s story. Send this via mail or email to all appropriate audiences.

The letter can be used as a way to increase parent involvement. Are there ways the recommendations can be implemented at home? Get creative!

Dear Parent/Guardian/Caregiver,

Asthma is a chronic disease that affects your lungs and causes wheezing, shortness of breath, chest tightness and coughing. There are many factors that are known to trigger asthma attacks including:
- Allergens, such as pollen, dust and mites
- Viral infections
- Irritants, such as chemical, tobacco smoke and air pollution
- Exercise
- Cold air
- Stress

We want to make our childcare center as asthma friendly. On Date we participated in a program through the Wisconsin Asthma Coalition to help us reach this goal. This included teaching our staff to better understand asthma triggers and then how to identify and remove them. At the end of the training we were given simple, low cost recommendations to reduce the asthma triggers in our center. We shared a lot from the program and will continue to strive for a quality, healthy environment for the kids.

We would love to answer any questions or share more information on ways you can reduce asthma in your home as well.

Please contact:
Name
Phone
Email

Sincerely,

Your childcare center

DOWNLOAD the letter to parents from our website at www.chawisconsin.org/walkthrough
3) MAKE POSITIVE CHANGE

The following pages provide an overview of each asthma trigger, why it poses a problem for asthmatics and options to address each trigger.

According to the U.S. Environmental Protection Agency (EPA), the most common environmental asthma triggers found in child care centers are:

- Animals
- Cockroaches and other pests
- Dust and dust mites
- Mold, moistures and mildew
- Smoke and other odors (Third-hand smoke)
- Air quality

DID YOU KNOW?

- When people with asthma come in contact with a trigger, it can cause a sudden worsening of symptoms, which is often called an asthma attack, episode or flare-up.

- The American Lung Association defines an asthma trigger as a thing, activity or condition that makes asthma worse.

- Reducing asthma triggers can help kids with asthma breathe easier, concentrate longer, and learn better.
ANIMALS

3) MAKE POSITIVE CHANGE

CAUSE FOR CONCERN

Animals can be effective teaching tools; however, pets can be an asthma trigger. Asthma can be triggered by the skin flakes, urine, feces, saliva and hair shed by warm-blooded mammals.

WHAT TO LOOK FOR

Common classroom pets such as rodents, hamsters, guinea pigs and chicks can trigger asthma attacks.

SOLUTIONS

There are multiple ways to address classroom pets. Recommendations include:

**GOOD:** Keep animals in localized cages and away from furniture and carpet.

**BETTER:** Look to alternative pets such as fish and other cold-blooded animals.
- Be sure to keep the tank or habitat well maintained to avoid moisture issues.

**BEST:** Create a policy restricting warm-blooded pets in your center’s facility.
- Take note: pet allergens may remain in the center’s environment for a significant amount of time, even after the animal is removed.
CAUSE FOR CONCERN

The waste and saliva of pests contains proteins, which can cause allergic reactions and/or trigger asthma symptoms in individuals sensitive to these allergens. Pest problems in a child care center can be caused by poor management of food preparation, food storage and moisture problems.

WHAT TO LOOK FOR

The presence of pests may not be obvious. Pest droppings, urine, skin, and their decaying body parts are evidence of pests in classrooms. Cardboard boxes and old food that is not disposed of will attract pests.

SOLUTIONS

The best approach to managing pests in the child care environment is to implement an integrated pest management (IPM) system. The key to an IPM is to remove the sources that attract pests instead of relying on pesticides. For more information on how to implement an IPM system visit [http://www2.epa.gov/managing-pests-schools](http://www2.epa.gov/managing-pests-schools). Some strategies include:

1. Watching for signs of pests
2. Keeping food, water and garbage contained
3. Removing areas for pests to move and take shelter
4. Using control products such as traps, pesticides and baits only as needed and allowed by law

Toxic chemicals used to manage pests can be harmful to people. Management methods that pose less risk to children and adults in the child care environment should be implemented first.
DUST AND DUST MITES

3) MAKE POSITIVE CHANGE

CAUSE FOR CONCERN

Dust mites are microscopic bugs found in dust that feed on human skin flakes. Dust mites, also called bed mites, prefer warm and humid environments. Dust mite droppings and body parts can trigger asthma. Significant dust mite exposure also may cause asthma in children who have not had asthma symptoms in the past.

WHAT TO LOOK FOR

Dust mites often are found in fabric-covered items such as upholstered furniture, pillows, carpeting and stuffed animals. Dust also collects on hard surfaces such as bookshelves and bins.
DUST AND DUST MITES

3) MAKE POSITIVE CHANGE

SOLUTIONS

Dust and dust mites are the most common environmental asthma triggers found in child care centers. Recommendations for avoiding dust and dust mites include:

- Upholstered furniture:
  - Vacuum and regularly maintain upholstered furniture
  - Consider switching from upholstered furniture to wooden or plastic furniture

- Carpeting
  - Vacuum carpet and area rugs daily
  - Replace rugs with foam, vinyl or plastic mats
  - Consider switching to hard floorings when your center decides to change flooring

- Stuffed animals, pillows, curtains, blankets and fabric cushions
  - Store stuffed animals in closed displays or bins with lids to minimize dust accumulation
  - Once a month wash in hot water (above 130°F) or place in freezer overnight to kill dust mites

- Open bookshelves
  - Dust bookshelves regularly with a damp cloth
  - Utilize baskets to store items
    - Plastic storage bins (preferably with lids)
    - Cabinets with doors

- Clutter
  - Encourage staff members to reduce classroom clutter
  - Keep classrooms neat and organized

- Air vents
  - Regularly dust air vents with a damp cloth
  - Make sure the air vents are not blocked to allow for air circulation

*If nothing else, remember the two D’s: Damp Dust! Dusting with a wet towel keeps dust from spreading through the air.
CAUSE FOR CONCERN

Molds are fungi, which grow on moist surfaces. Mold exposure can lead to respiratory issues, allergic reactions and asthma attacks. All types of mold have the potential to be dangerous and moisture is the most important concern when addressing the growth or spread of mold in the environment.

To ensure the safety and health of building occupants, it may be necessary to contact a professional contractor who is qualified to respond to mold and moisture issues. The EPA provides resources relating to mold remediation, which can be found at http://www.epa.gov/mold/mold_remediation.html.

WHAT TO LOOK FOR

Issues such as leaks in the roof or plumbing, humidity, condensation, and damp or cluttered areas near sinks, appliances and other water sources all can cause excess moisture.

Potential areas in classrooms include, but are not limited to:
- Appliances
- Personal refrigerators
- Plants
- Sinks
- Ceilings and walls

Bathrooms should be inspected for discoloration of pipes and walls near plumbing for signs of water leakages or damage. Addressing potential problems before mold growth can occur is essential to maintaining low- to no-cost solutions.
SOLUTIONS

Moisture sources in child care centers vary. Below are recommended solutions for each moisture source. Policies can be utilized to prevent and reduce potential moisture problems.

- **Appliances**
  - Place appliances away from carpeting
  - Require under bedding to catch any residual water
  - Create a policy prohibiting personal refrigerators and other cooking appliances in the classroom

- **Plants**
  - Limit the number of plants
  - Use water trays to collect excess water
  - Require regular maintenance of plants
  - Create a policy prohibiting or limiting plants from the center

- **Sinks**
  - Identify the source of moisture and fix the issue
  - Replace carpeting by sink with hard flooring

- **Ceilings and walls**
  - Clean mold from surface and dry surface thoroughly
  - Identify source of moisture and fix the issue

- **Bathroom facilities**
  - Clean bathrooms regularly
  - Eliminate standing water on sinks and floors
SMOKE AND OTHER ODORS

3) MAKE POSITIVE CHANGE

CAUSE FOR CONCERN

Strong odors and scents contain a surplus of concentrated molecules. When breathed in by asthmatics, the molecules can cause airways to close, and trigger an asthma attack.

WHAT TO LOOK FOR

Strong odors and scents found in child care centers can come from sources such as chemicals, cleaning products, perfumes, cologne, air fresheners and second or third hand-smoke.

SOLUTIONS

Reducing and eliminating odors requires a multifaceted approach. Policies regulating sources of odors are often the most effective approach. Recommended policies include:

- Restrict and regulate items used in classrooms, such as air fresheners, candles or potpourri.
- Select fragrance-free consumer products, which release limited chemical odors.
- Choose the least-toxic and most environmentally friendly cleaning products. Consider the time it takes for fumes to dissipate after use.
- Prohibit staff and students from wearing strong scents at work.
- Prohibit staff from smelling of smoke when at work (third-hand smoke policy).
- Educate families about childhood hygiene.
THIRD-HAND SMOKE

3) MAKE POSITIVE CHANGE

Third-hand smoke is the left over toxic chemicals from cigarette smoke that sticks to everyday items such as carpeting, clothing, furniture, skin, hair and wood. Third-hand smoke also increases risk for cancer, asthma attacks and allergic reactions.

CAUSE FOR CONCERN

Babies, toddlers and children are most vulnerable to the toxic effect of smoke residue because they are closer to these surfaces and often put things in their mouth.

Third-hand smoke is difficult to get rid of, and stays on objects for many years, becoming more toxic over time as it mixes with other air pollutants

TAKE ACTION

Create a third-hand smoke policy: staff and children may not smell of smoke with at the child care center.
  • If staff do intend to continue to smoke, require smoking to take place outside, 25 feet from the building.
  • Require the use of a “smoking jacket” that is only worn while smoking and not near the child, and is kept in a separate closet (or outside) when not in use.
  • Require staff to wash hands and mouth after finishing a cigarette and wait several minutes before having contact with a child.

Other actions include:
  • Using a High Efficiency Particulate Arrestance (HEPA) filter for your vacuum and increase laundering of washable items
  • Making your centers and transportation vehicles smoke-free zones
WHAT YOU NEED TO KNOW ABOUT AIR QUALITY

Proper ventilation throughout the child care center is an important part of creating a healthier environment for kids with asthma. The EPA provides the following recommendations for ventilation maintenance.

Facilities should have their ventilation systems (e.g., air handlers, univents, air conditioners) inspected annually. Inspections should include intakes and other components.

- Blocked intakes and vents can result in inadequate ventilation. Outdoor uni-vent intakes are usually located close to the ground, so plants and bushes should be cleared in these areas. In the classroom, do not block vents with items such as books, papers, plants or furniture.

- Supply and return air vent grilles should be inspected and cleaned if obstructed with dust.

- The EPA does not recommend cleaning ducts unless there is excessive dust that is compromising performance of the system or being blown onto surfaces. All of the above recommendations should be implemented first before considering cleaning ducts.

The EPA provides a detailed ventilation checklist, along with other resources, which can be downloaded free, at: [www.epa.gov/iaq/schools](http://www.epa.gov/iaq/schools).
The following organizations and resources are helpful for child care centers looking to supplement their walkthrough with additional information or programs.

**Airnow**
www.airnow.gov

Every day the Air Quality Index (AQI) tells you how clean or polluted your outdoor air is, along with associated health effects that may be of concern. The AQI translates air quality data into numbers and colors that help people understand when to take action to protect their health.

**American Lung Association School Flag Program**
www.lung.org

The American Lung Association (ALA) in Wisconsin administers the EPA school flag program, which creates public awareness of outdoor air quality conditions. Participating sites raise a colored flag each day that corresponds with the local air quality forecast to notify teachers, coaches, students, and the community about the daily air quality.

**American Lung Association Asthma Basics**
Lung.training/courses/asthma_basics

The American Lung Association's Asthma Basics course is a free one-hour interactive online learning module designed to help people learn more about asthma. This course is ideal for caretakers who want to learn more about asthma.

**Children’s Health Alliance of Wisconsin**
www.chawisconsin.org

Visit the Alliance website for resources and additional information on WAC and other Alliance initiatives, including early literacy, emergency care, grief and bereavement, injury prevention and death review, medical home, and oral health.
RESOURCES

3) MAKE POSITIVE CHANGE

**Dusty the asthma goldfish funbook**
https://www.epa.gov/asthma/dusty-asthma-goldfish-and-his-asthma-triggers-funbook

This educational activity book helps parents and children learn more about asthma triggers. Print and share this activity book with parents to get them involved in the care of kids with asthma.

**Healthy Child Care**
www.epa.gov/childcare

Because of their size, stage of development, and behavior, children are at greater risk than adults for adverse health effects caused by exposure to indoor air pollutants. This site presents providers, parents and government agencies with resources to identify and reduce children’s exposure to pollutants that may be present in child care facilities.

**Environmental Protection Agency Indoor Air Quality (IAQ) - Tools for Schools**
www.epa.gov/iaq/schools/index.html

This program provides guidance to schools and encourages voluntary adoption of IAQ management practices that reduce exposure to environmental contaminants.

Contents of the WAC child care walkthrough program were based on the following resources.

- Banda E. et al. (2013). Exposure to home and school environmental triggers and asthma morbidity in Chicago inner-city children. Pediatric Allergy and Immunology: 24:8: 734-741
- Sensible Steps to Healthier School Environments, United States Environmental Protection Agency, September 2012.
NOTES:
The child care walkthrough checklist is meant to guide you through the center. If the respective item or issue is identified in a room or area, the room name/number should be written in the blank column titled “Where trigger was identified”. Then, follow the recommendations in the right column to create a healthier child care environment.

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<td>Replace area rugs or carpet squares with non-fabric materials such as foam mats, if possible.</td>
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<td>Vacuum area rugs and carpet squares daily.</td>
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<td>Air vents</td>
<td>Air vents</td>
<td>Carpets should be professionally cleaned; if not feasible, follow manufacturer guidelines when cleaning carpets to ensure water removal and to limit chemical exposure</td>
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<td><strong>Bedding and sleep areas</strong></td>
<td><strong>Bedding (specifically bedding that is not stored or cleaned properly)</strong></td>
<td>*Cots and mattresses are washable and sanitized at least every five uses or when soiled</td>
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<td>Use dust proof covers on pillows and mattresses</td>
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<td>Mattresses without a plastic covering should have a dust mite covering on it</td>
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<td>Sheets and blankets should be washed at least every five uses in water that is over 120 °F</td>
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<td>If parents are responsible for providing sheets/sleeping bags/personal mattresses, the child care center should provide education to parents on washing the sleeping accessories appropriately</td>
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<td>Bedding should be stored in closed containers when not in use</td>
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<td><strong>Window treatments</strong></td>
<td><strong>Blinds and curtains</strong></td>
<td>Wash fabric curtains in hot water (above 130° F) or place in the freezer overnight on a weekly basis</td>
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<td>Regularly dust these areas with a damp cloth</td>
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<td>Replace curtains and blinds with pull down shades whenever possible</td>
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<td>Carpets should be removed, if possible</td>
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<td>Corners, behind furniture, under sinks, along window sills or in any dark/wet area</td>
<td>Dead pests/droppings</td>
<td>If carpets cannot be removed or replaced with hard flooring, carpeting should be vacuumed daily</td>
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<tr>
<td>Dust and dust mites</td>
<td>Classoom organization</td>
<td>General clutter and cleanliness</td>
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<td></td>
<td></td>
<td>Remind staff that papers and clutter are difficult to effectively clean around and clutter collects dust; use environmentally friendly products and clean with a damp cloth</td>
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<td>Key is to remove places for pests to hide and to keep exposed areas free of food and water</td>
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<td></td>
<td>Furnace filters</td>
<td>Have furnace maintained and change filters according to manufacturer's recommendations</td>
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<td></td>
<td>Open bookshelves</td>
<td>Avoid open bookshelves as they are great dust catchers</td>
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<td></td>
<td>Stuffed animals or pillows</td>
<td>Wash stuffed animals or pillows in hot water (above 130° F) or place in the freezer overnight at least once weekly.</td>
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<td></td>
<td>Upholstered or stuffed chairs</td>
<td>Remove all upholstered furniture and replace with wooden or plastic furniture.</td>
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<td></td>
<td>Toys, stuffed animals, crayons, etc.</td>
<td>Vacuum furniture once a week when children are not in attendance.</td>
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<td></td>
<td></td>
<td>Store items in closed containers when not in use.</td>
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<tr>
<td>Odors</td>
<td>Cleaning supplies</td>
<td>**Appropriate disinfectant solutions are made with either bleach or a quaternary ammonia solution; more details can be found in the tips section of the report.</td>
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<tr>
<td>Storage areas for cleaning products</td>
<td>Cleaning supplies</td>
<td>BEST: Limit parents or guardians from supplying cleaning products.</td>
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<td></td>
<td>Cleaning supplies</td>
<td>BETTER: Provide parents or guardians a list of approved cleaning products, that are asthma friendly.</td>
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<td></td>
<td>Cleaning supplies</td>
<td>Allow adequate time for area to air-out after disinfecting before children are allowed to return.</td>
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<td></td>
<td>Cleaning supplies</td>
<td>All chemicals should be stored away from child play areas and inaccessible to children.</td>
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<tr>
<td></td>
<td>Cleaning supplies</td>
<td>Disinfecting should occur when children are not around.</td>
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<td></td>
<td>Chlorine and other cleaning products for pools and hot tubs</td>
<td>Ensure there is plenty of fresh air and/or ventilation when using cleaning products with strong odors and vapors.</td>
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<tr>
<td>Paint supplies for building maintenance and art supplies</td>
<td>Paint for walls</td>
<td>Eliminate all lead-based paint and other toxic materials.</td>
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<td></td>
<td>Paint for walls</td>
<td>Only use low odor paints and low VOC paints.</td>
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<tr>
<td></td>
<td>Paint for walls</td>
<td>Paint walls when children are not present and have enough time to air out the area; ventilate the area while painting</td>
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<tr>
<td>Scented items such as:</td>
<td>Candles</td>
<td>Candle are not recommended for child care facilities.</td>
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<td></td>
<td>Essential oil diffuser</td>
<td>Certain essential oils are asthma triggers, and is not recommended to be used in the child care facilities.</td>
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<td>Item</td>
<td>Description</td>
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<tr>
<td>Perfume</td>
<td>Perfume should be used sparingly by staff and students</td>
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<tr>
<td>Plug in/ air fresheners</td>
<td>All scented items should be restricted in all child care rooms</td>
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<tr>
<td>Potpourri</td>
<td>Limit the use of potpourri in areas where children are</td>
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<td>Smoke odor</td>
<td>Create a no-smoke policy for building at all times, including electronic cigarettes; this should include a 15-25 feet distance from the entryway</td>
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<td>Smoke odor</td>
<td>Create a thirdhand smoke policy, where staff and children may not smell of smoke when at child care, including electronic cigarettes</td>
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<td>Stale smell around plants, sinks, or windows</td>
<td>Limit number of plants, require watering trays and encourage regular maintenance, (such as tossing dead leaves, emptying full water trays)</td>
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<td>Personal refrigerators</td>
<td>Prohibit personal refrigerators; communal refrigerators should have an unbending solid surface, such as a rubber tray to catch residual water</td>
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<td>Water located near or under appliance</td>
<td>Sinks should be wiped, in and around, after every use</td>
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<tr>
<td>Appliances including:</td>
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<td></td>
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<tr>
<td>Water located near or under appliance</td>
<td>Sinks should be wiped, in and around, after every use</td>
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<tr>
<td>Appliances should not be kept near or on carpeting due to drips and potential mold growth.</td>
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<td>All rooms where children are in, particularly ones in lower levels.</td>
<td>Humidity over 60%</td>
<td>Invest in a dehumidifier to keep control of humidity levels in the area</td>
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<td>Bathroom facilities</td>
<td>Discolored spots</td>
<td>Bathrooms should be cleaned regularly</td>
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<tr>
<td>Standing water</td>
<td>Bathrooms should be free of standing water on sinks and floors</td>
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<tr>
<td>Stale smell and humid air</td>
<td>Vent bathrooms to the outside to control humidity and odors</td>
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<td>Other considerations</td>
<td>There is no practical way to eliminate all molds indoors; the way to control indoor mold growth is to control moisture; clean the mold from the surface it’s growing on and dry the surface thoroughly; completely dry damp or wet surfaces within 24 to 48 hours to avoid mold growth</td>
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<tr>
<td>Cleaning supplies</td>
<td>Mops, mop buckets and brooms should be in an area where they can completely dry</td>
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<td>Exhaust fan</td>
<td>Use exhaust fan(s) when cooking</td>
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<td>Garbage containers</td>
<td>Should be watertight sealed and emptied daily</td>
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<tr>
<td>Standing water</td>
<td>Identify the source of moisture and fix the issue; remove the section of ceiling with the stain</td>
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<td>Carpeting or rug next to sink</td>
<td>When possible, put hard flooring around sink area</td>
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<td>Walk – off mats</td>
<td>All entrances should have walk-off mats</td>
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<tr>
<td>Wall decorations</td>
<td>Remove wall decorations periodically to prevent mold growth from the moisture that could build up in between the wall and wall decorations</td>
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<tr>
<td>Asthma triggers related to vehicles</td>
<td>Transportation options</td>
<td>Inside the vehicle</td>
<td>Outside the vehicle</td>
<td>Outdoor play area including:</td>
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<td><em>Van/car/bus should be clutter-free and cleaned daily</em></td>
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<td>Air Quality Index (AQI) provides details on how clean or polluted the outdoor air is, along with associated health effects that may be of concern</td>
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<td></td>
<td>Mats should be vacuumed daily and cleaned regularly especially during weather that could bring in mud, salt, and other triggers</td>
<td></td>
<td>Create a no-smoke policy for vehicle at all times, including electronic cigarettes</td>
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<td></td>
<td>All scented items should be restricted in transportation vehicles</td>
<td></td>
<td>Create a thirdhand smoke policy, where staff may not smell of smoke when driving vehicle, including electronic cigarettes</td>
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<td></td>
<td>Create a no-smoke policy for vehicle at all times, including electronic cigarettes</td>
<td></td>
<td>Turn off engine for when the vehicle is stopped for more than 10 seconds</td>
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<td>Areas should be well-drained</td>
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<td></td>
<td>Should be eliminated or not accessible to children</td>
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<td>Check the AQI at airnow.gov to learn what actions you should take before going outside to play</td>
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<td>Pool, wading pool or hot tub</td>
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<td>Standing water; discolored spots; cleaning supplies</td>
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<td></td>
<td>These sources should be free of mold and cleaned weekly or when mold is exposed</td>
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<td></td>
<td></td>
<td>Limit the children’s exposure to the pool area and keep the pool covered when not being used, because of chemical odors</td>
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</tbody>
</table>


For questions, please contact:
Brittany Farrell
bfarrell@chw.org
(414) 337-4570

www.chawisconsin.org/wac