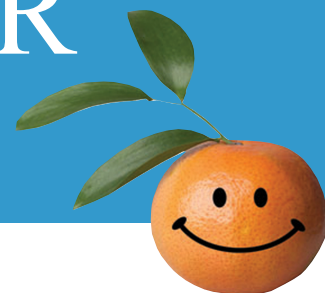


These articles from **Eric Martell, RE/MAX Properties Southwest, 407-947-3617** and Home Warranty of America, Inc., will help you improve your home, creating a healthier environment while saving energy and the planet. Stay tuned for more!

REDUCE ASTHMA TRIGGERS IN YOUR HOME



Millions of children have asthma. It causes hospitalization and chronic problems. But there are ways in which you can reduce, even eliminate problems in your home that may trigger attacks.

Asthma is triggered by something in the environment from tobacco smoke to cold weather, even stress. Here are some basic methods of combating it.

When you tackle painting or finishing projects in the house, use products with no or low volatile organic compounds (VOCs). These chemical emissions can trigger attacks along with other odors such as perfumes, deodorizers you use throughout the house, cleaning chemicals, even body powders. Buy green cleaning products or save money by making your own!

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Dogs and cats are cherished pets, and if you have them and family members with asthma, you must keep fur and feathers out of the house, especially in the bedrooms. While some animals may naturally cause less dander, all have it. Your pets will also need to have their Saturday night baths, every week, in order to reduce this dander, even kitty.

Keep humidity levels in your home appropriate, 30 to 50% to reduce the growth of mold, and create a comfortable home. A leaky roof needs to be fixed, pipes and windows too, and be careful your houseplants are not creating mold.



Ask your REALTOR to send you other informative articles such as reducing dust mites in your home and how to eliminate mold.

It goes almost without saying that tobacco smoke inside your home, when family members have asthma, is not recommended. And while you believe that smoking outside is OK, even the smell on your clothes can be detrimental to asthma sufferers. Secondhand smoke is a big problem for children.

A delicate subject, but important is cockroaches. Keep kitchen and eating areas free of uncovered food and crumbs. Extermination may be necessary, but if you don't remove the food sources, they will return.

Lastly, when pollen counts are high stay indoors and use air conditioning systems.