







## COHORT STUDY

### Your Home Dust Sample Results and What They Mean

Date sampled: \_\_\_\_\_

Child's name \_\_\_\_\_

Dust sample of allergens:	What you need to know:	Health effects:	Dust levels:	If it is high, you should:
<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">House dust mite</p>  <p style="text-align: center; font-size: 0.8em;">Dust Mite</p>	<ul style="list-style-type: none"> <li>▪ House dust mites are tiny insects from the spider family. They live in fabric and can be found in mattresses, pillows, cloth covered furniture, and carpeting.</li> <li>▪ Dust mites live off dead skin scales and need humidity to grow.</li> <li>▪ The allergen is what makes you sick. Dust mite allergens come from their body parts and feces.</li> <li>▪ The allergen is very small. When breathed in, can start allergy and asthma problems.</li> <li>▪ The allergen in the mattress and pillow is very close to the face while sleeping.</li> </ul>	<p>Dust mite allergens can cause breathing problems, a stuffy nose, and sneezing.</p> <p>Dust mite allergens can make asthma symptoms worse during the night or early in the morning</p>	<p><b>Dust mite</b> allergen levels above <b>2,000 ng/g</b> may be <b>unhealthy</b>.</p> <p style="text-align: center;"><b>The dust mite allergen level in your home is:</b></p> <p style="text-align: center;">_____ng/g</p> <p style="text-align: center;">This level is:</p> <p style="text-align: center;"> <input type="checkbox"/> <b>High</b>  <input type="checkbox"/> <b>OK</b> </p>	<ul style="list-style-type: none"> <li>▪ Put allergen-proof mattress and pillow covers on your child's bed.</li> <li>▪ Wash all bedding in hot water every 1-2 week.</li> <li>▪ Remove carpeting and replace with tile, vinyl, or linoleum.</li> <li>▪ Keep stuffed toys to a minimum. Never keep stuffed toys on your child's bed.</li> <li>▪ Keep humidity low by using an air conditioner or a dehumidifier.</li> </ul>
<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">German and American Cockroach</p> 	<ul style="list-style-type: none"> <li>▪ German and American roaches are the most common type of roaches in Baltimore.</li> <li>▪ Roaches live in small cracks and near sources of food and water.</li> <li>▪ Allergens are found in both dead and living roaches. Allergens make allergies and asthma worse.</li> <li>▪ It is hard to get rid of roaches because each female roach can have another 300 babies.</li> <li>▪ The allergen is found in their feces, stomach juices and dead body parts.</li> </ul>	<p>Roaches can be a big problem in the inner cities.</p> <p>Cockroach allergens can cause problems with allergies and asthma.</p>	<p><b>Cockroach</b> allergen levels above <b>8 units/g</b> may be <b>unhealthy</b>.</p> <p style="text-align: center;"><b>The cockroach allergen level in your home is:</b></p> <p style="text-align: center;">_____units/g</p> <p style="text-align: center;">This level is:</p> <p style="text-align: center;"> <input type="checkbox"/> <b>High</b>  <input type="checkbox"/> <b>OK</b> </p>	<ul style="list-style-type: none"> <li>▪ Exterminate. A professional can use much stronger, yet safe chemicals. Baits and traps are helpful. Never use roach sprays.</li> <li>▪ Take trash out daily.</li> <li>▪ Keep floor, counter tops and appliances clean by sweeping and mopping often.</li> <li>▪ Put exposed food in tightly sealed containers such as sugar, snacks, pasta boxes, breads and cereals.</li> <li>▪ Clean grease from the stove and walls after cooking.</li> </ul>

Dust Sample of allergens:	What you need to know:	Health effects:	Dust levels:	If it is high, you should:
<p><b>Pets:</b></p> <p><b>Cats and Dogs</b></p> 	<ul style="list-style-type: none"> <li>People can be allergic to any furry pets. The most common pet allergies are to cats and dogs.</li> <li>The allergen from pets comes from dander or skin scales, and saliva.</li> <li>The length of hair or fur does not matter because the allergen comes from the skin under the fur.</li> <li>Pet allergens easily travel all over the house.</li> <li>It takes months of lots of cleaning to remove pet allergens.</li> </ul>	<p>Pet allergens can cause sneezing, coughing and wheezing.</p> <p>The allergen is very small so easily gets in the lungs.</p> <p>Reactions to pets may not start for hours after exposure.</p>	<p><b>Cat</b> allergen levels above <b>8,000 ng/g</b> may be <b>unhealthy</b>.</p> <p><b>The cat allergen level in your home is:</b> _____ng/g</p> <p>This level is:  <input type="checkbox"/> <b>High</b>  <input type="checkbox"/> <b>OK</b></p> <hr/> <p><b>Dog</b> allergen levels above <b>8,000 ng/g</b> may be <b>unhealthy</b>.</p> <p><b>The dog allergen level in your home is:</b> _____ng/g</p> <p>This level is:  <input type="checkbox"/> <b>High</b>  <input type="checkbox"/> <b>OK</b></p>	<ul style="list-style-type: none"> <li>Finding the pet a new home is best.</li> <li>If pet removal is not an option, keep it outside at all times. Never let the pet in the bedroom.</li> <li>Use allergen-proof mattress and pillow covers on your child's bed and wash all the bedding every 1-2 week.</li> <li>Use an air cleaner to help remove the small allergens from the air.</li> <li>Use filters on the furnace, air conditioner and vents.</li> <li>If you are near a pet, shower and change clothes to help remove the sticky allergen.</li> </ul>
<p><b>Mice</b></p> 	<ul style="list-style-type: none"> <li>Mice spread their allergens through urine and dander of skin scales.</li> <li>They enter homes through holes in walls and doors and live in nests in dark places. They come inside when it gets cold outside.</li> <li>Mice travel inside the home through holes in the walls or up and down gas and water pipes.</li> <li>Mice live near food and water sources. They can live inside the oven, behind walls and in the ceiling.</li> </ul>	<p>Mice urine and dander can cause allergies.</p> <p>Mice allergens can cause problems with asthma.</p>	<p><b>Mouse</b> allergen levels above <b>8,000 ng/gm</b> may be <b>unhealthy</b>.</p> <p><b>The mouse allergen level in your home is:</b> _____ng/gm</p> <p>This level is:  <input type="checkbox"/> <b>High</b>  <input type="checkbox"/> <b>OK</b></p>	<ul style="list-style-type: none"> <li>Exterminate mice by using mousetraps and poisons.</li> <li>Clean up floors, countertops and stoves after meals.</li> <li>Keep exposed food in tightly sealed containers and take trash out everyday.</li> <li>Fill holes and around pipes with steel wool to keep mice out.</li> <li>Remove clutter and keep clothes and papers picked up to keep mice from nesting in these soft areas.</li> </ul>