Avoid Asthma and Allergy Triggers in the Classroom

**Unblock Vents and Keep Air Flowing**

Inadequate ventilation can cause headaches and drowsiness. Keep fan controls set to “ON.” Attach a string to a pole to check vent airflow.

**Use Less Toxic Instructional, Art and Science Products**

Avoid chemical irritants by using products such as water-based, low-odor whiteboard pens. Tightly close supplies.

**Help to Prevent and Eliminate Mold**

Clean and dry classroom spills thoroughly. Alert building staff to leaks, and wall and ceiling discolorations.

**Avoid Scented Products**

Air fresheners, candles, perfumes and personal products can add contaminants to the air.

**Avoid Upholstered Furniture and Clutter**

A custodian-friendly room makes it easier to remove dust mites, pet dander and mold. Vacuum couches often.

**Contact Your Local Teachers Association**

Help is available to address issues at your school site. EPA’s IAQ Tools for Schools Kit can help districts and teachers work together. www.epa.gov/iaq

**Use District-Approved Cleaning Products**

Clearly label all products and keep tightly capped. Ask if your district can use less toxic green cleaning products.

**Choose Allergy-Friendly Classroom Pets**

Avoid furry animals, or keep them caged and away from ventilation systems and sensitive students.

**Don’t Invite Pests Into the Classroom**

Store food in airtight containers. Encourage your district to use less toxic “integrated pest management.”

**Be an Early Warning System**

Report unhealthy and uncomfortable conditions to building staff, including problems with odors, pests, vehicle exhaust, temperature and ventilation.

**Indoor Air Quality Impacts the Ability of Teachers to Teach and Students to Learn**

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