

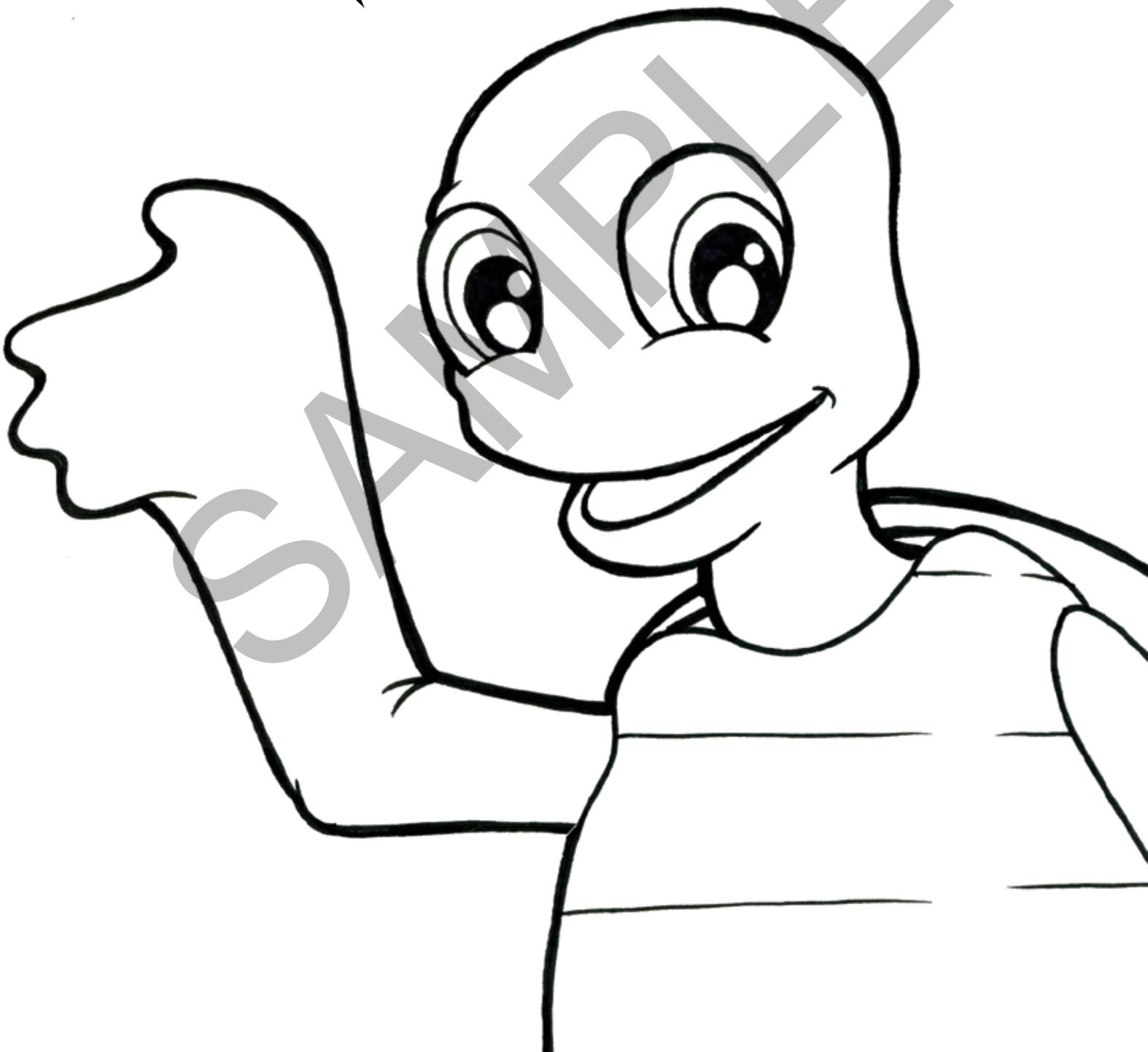
TIMMY TURTLE'S GUIDE TO

A HAPPY HEALTHY HOME



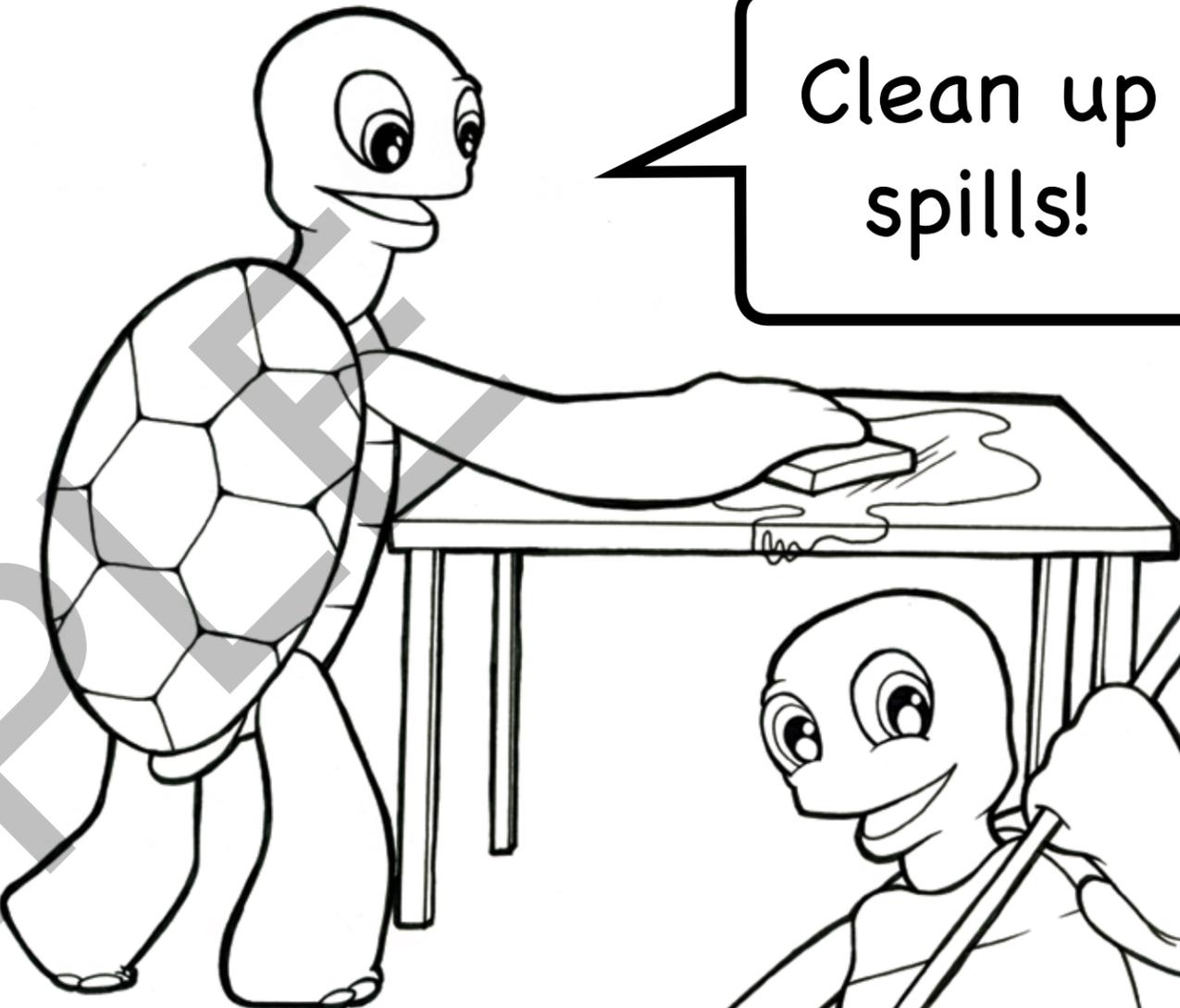
COLORING AND ACTIVITY BOOK

Hi, I'm Timmy the Turtle.
Did you know your house could make
you cough, sneeze, or get sick?

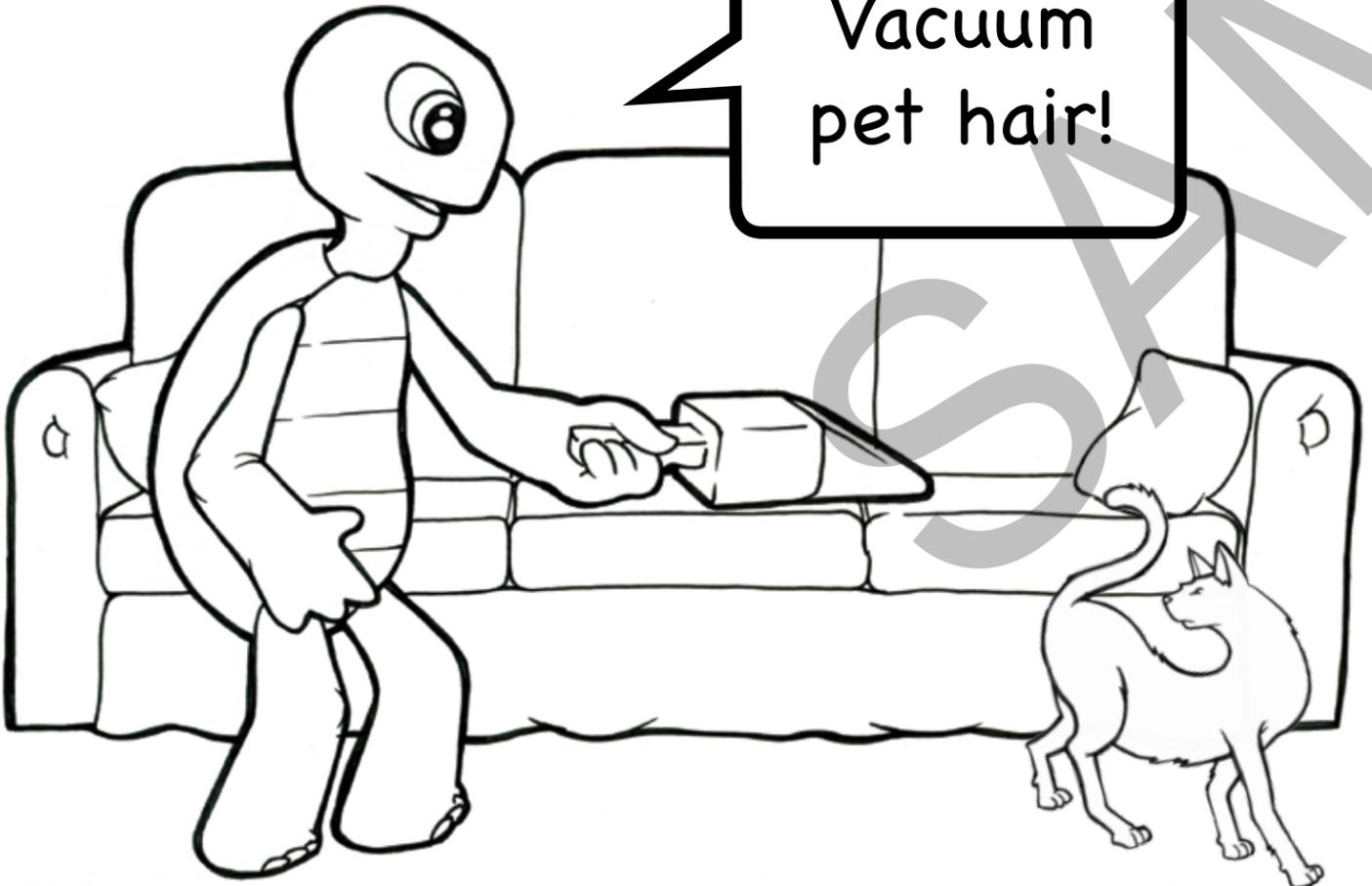




The best way to keep your house healthy is to **Keep it Clean!**



Clean up spills!



Vacuum pet hair!

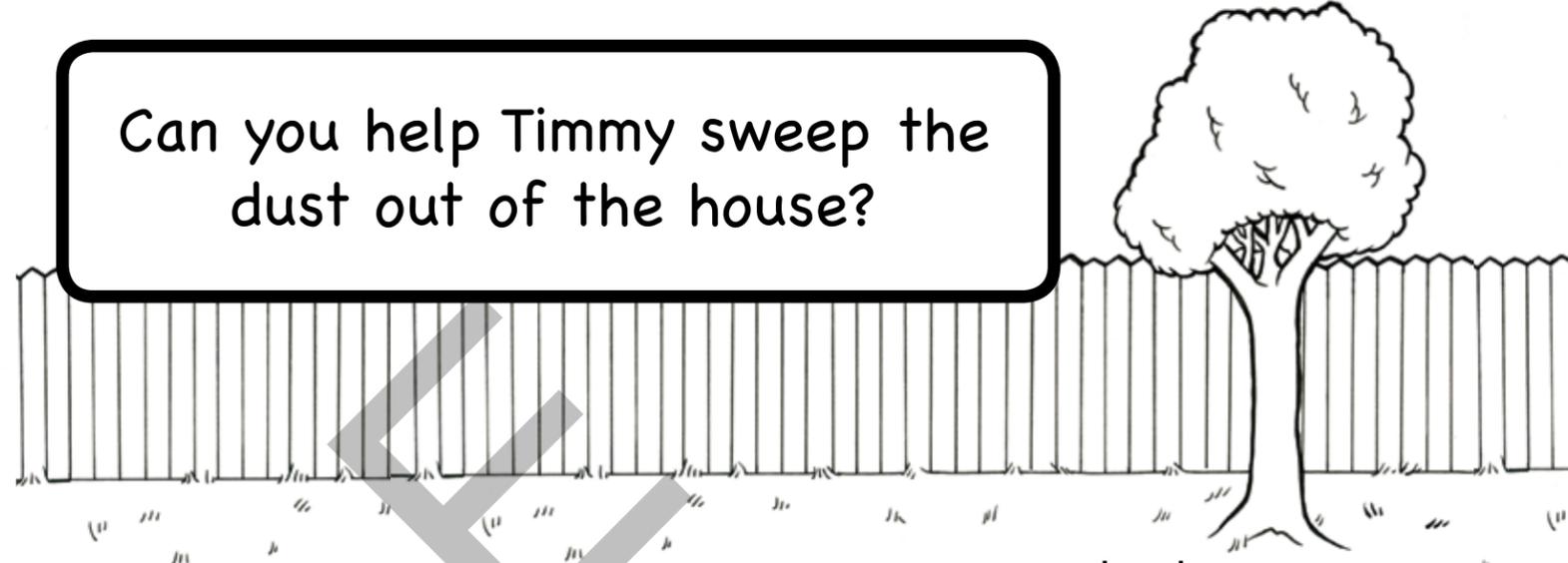
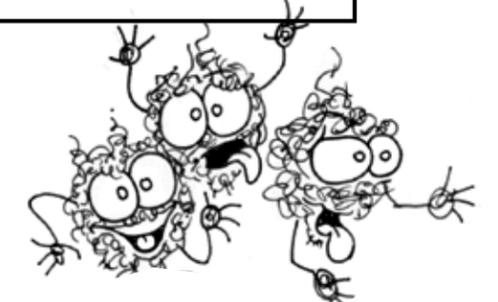
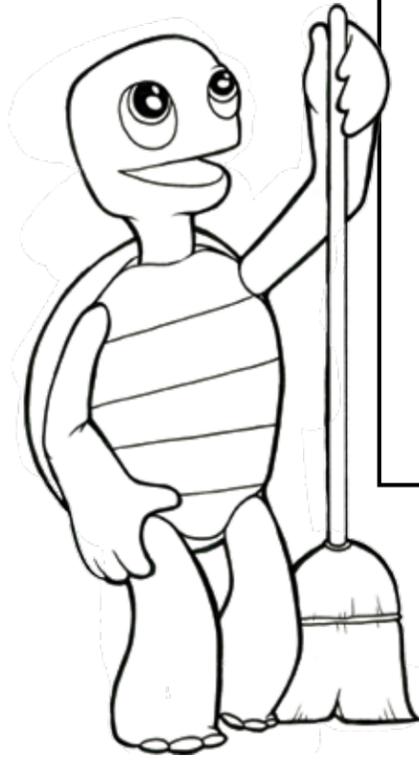
Sweep up dust!



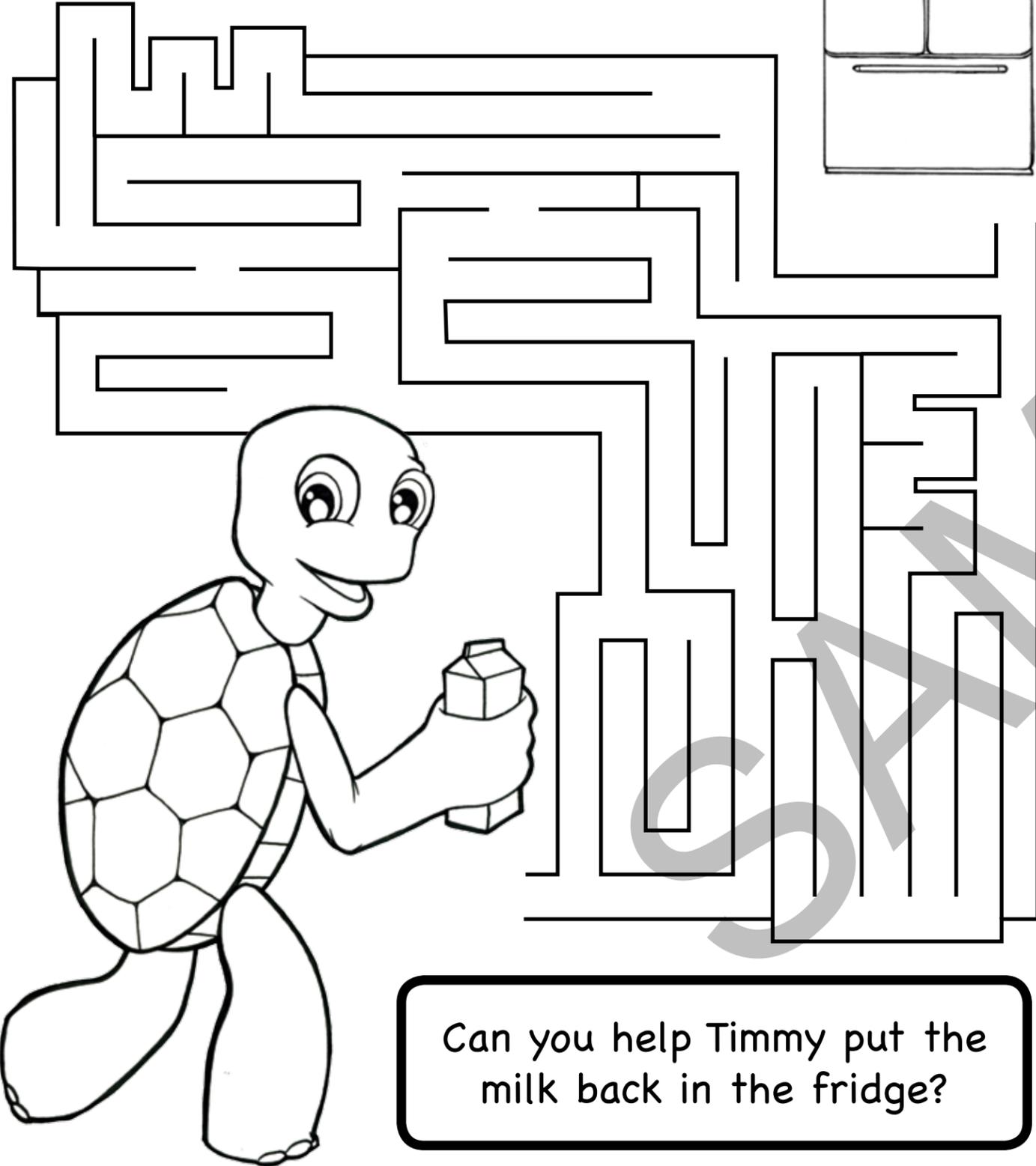
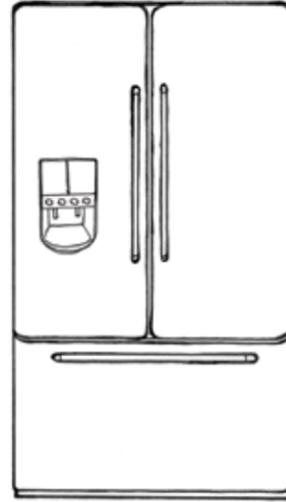
When your house is dirty,
bugs and mice can move in
and make you sick.
Get out of here you guys!



Can you help Timmy sweep the
dust out of the house?



If you leave food out, it could attract bugs.



Can you help Timmy put the milk back in the fridge?

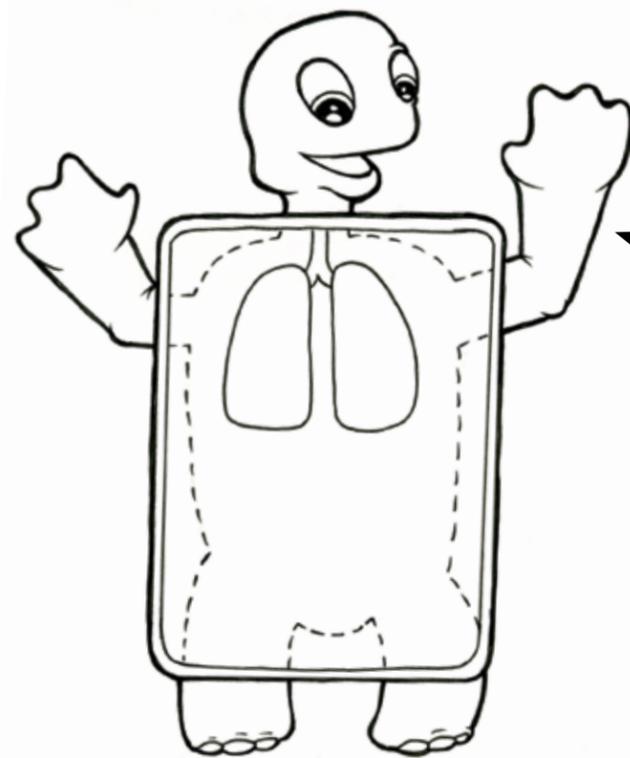
Use a sponge to clean up spills!



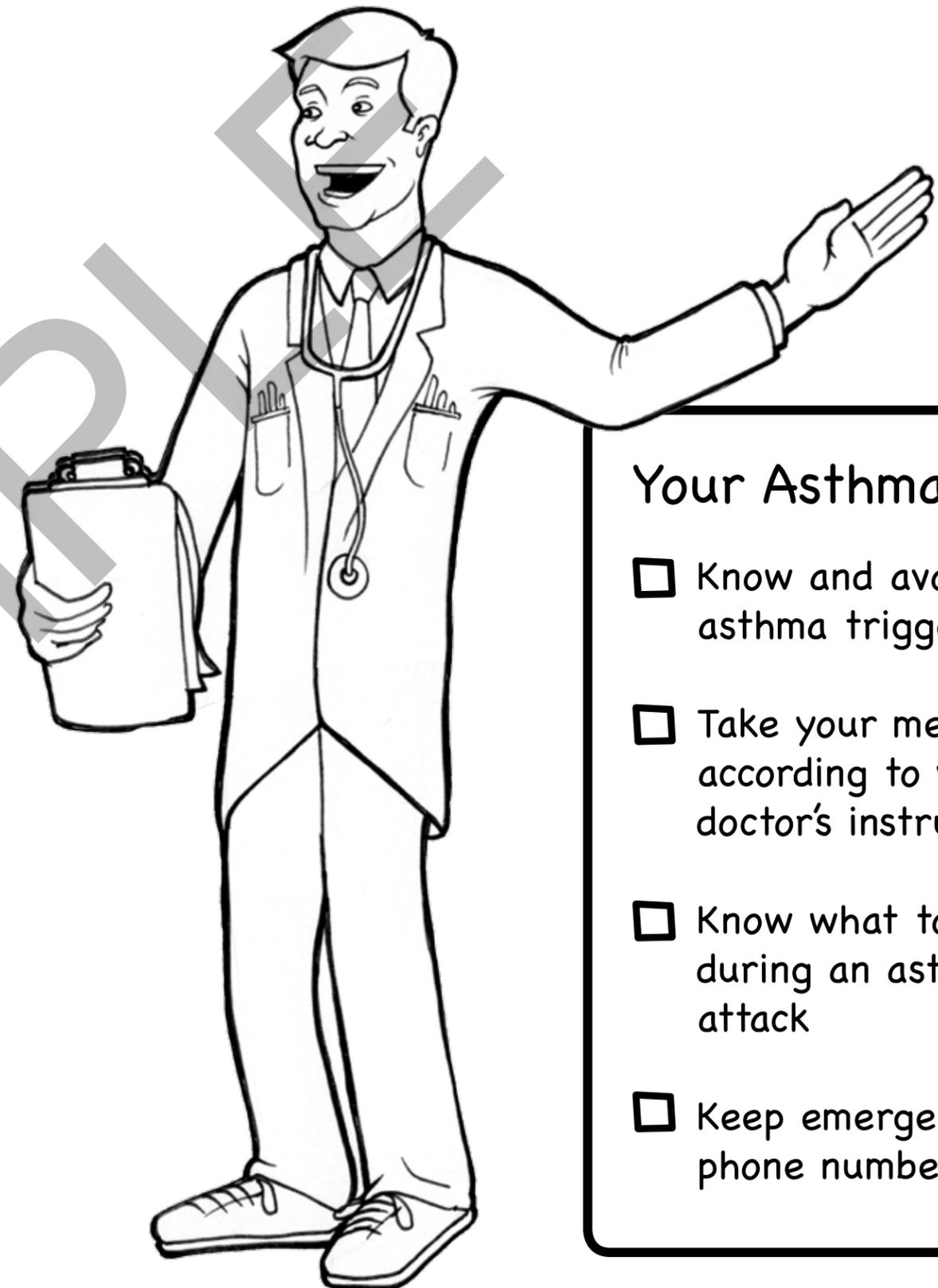
Can you find all 8 sponges in the kitchen?

It's really important to keep your house clean if you have asthma.

If you have asthma, your doctor will make a plan that's just for you.



Asthma is a kind of sickness that makes it hard to breathe.



Your Asthma Plan

- Know and avoid asthma triggers
- Take your medications according to your doctor's instructions
- Know what to do during an asthma attack
- Keep emergency phone numbers handy

It makes the tubes that take air to your lungs get tight.





PETS



COCKROACHES



DUST MITES

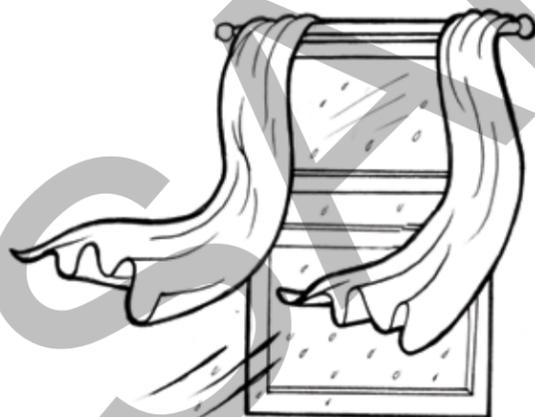


POLLEN

Things that make your asthma flare up are called asthma triggers.



SMOKE



COLD AIR

Your doctor may give you medicine for your asthma.

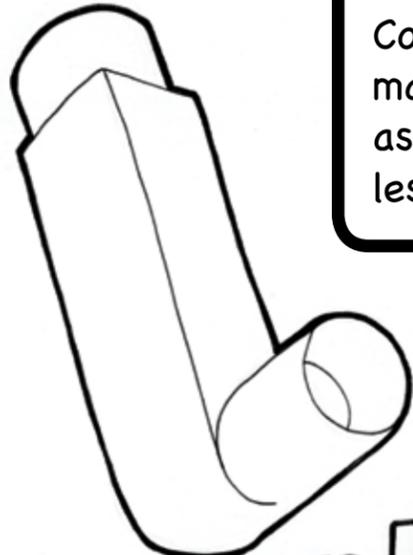
Rescue inhalers will make it easier to breathe if you have an asthma attack.

Rescue



Another type of controller is called a dual-action inhaler.

Control inhalers make you have asthma attacks less often.



controller



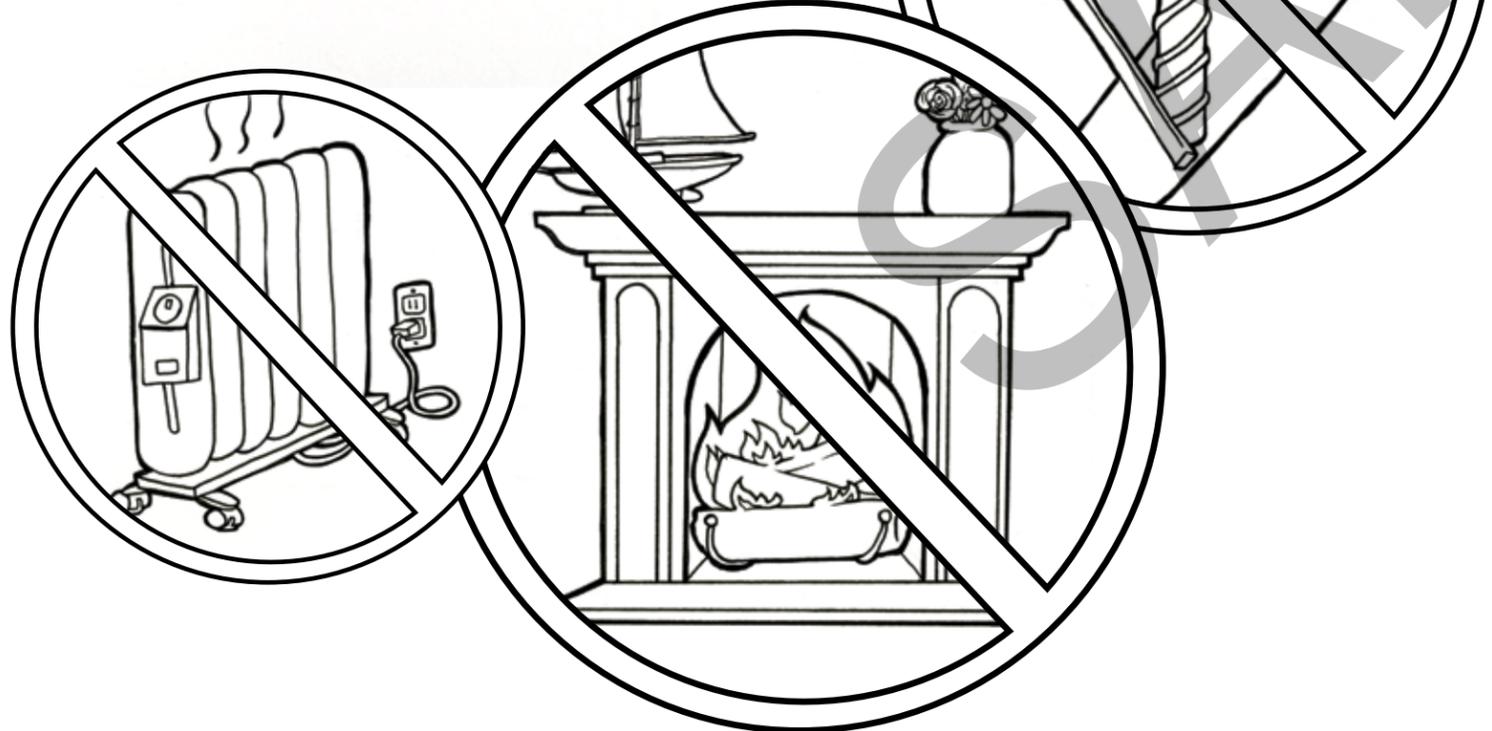
Dual-Action

Always follow your doctor's instructions about your asthma medicine.

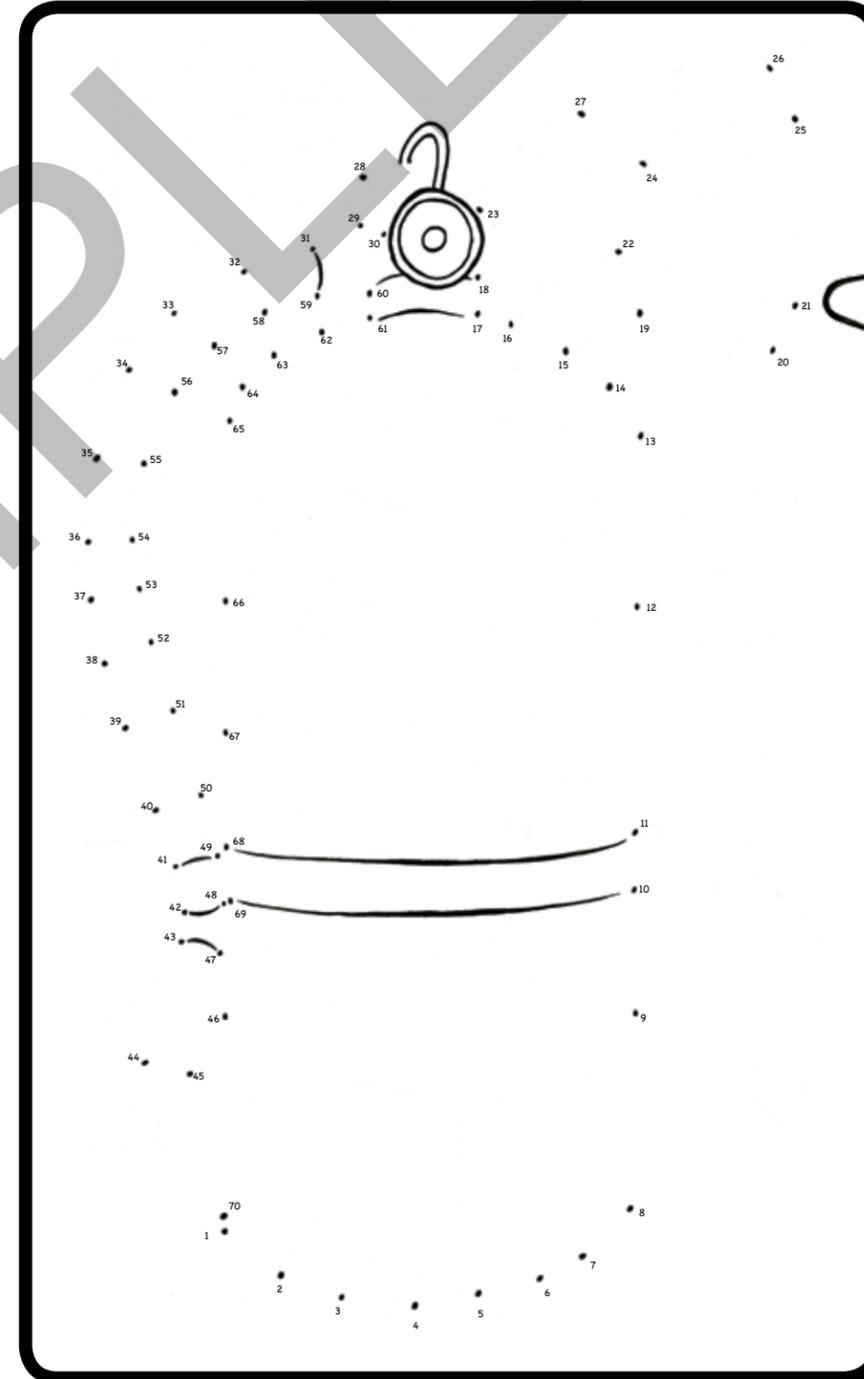
Always be careful around heat and fire.

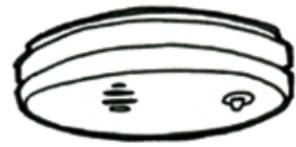


NEVER play with matches. And don't play near the fireplace, stove, or space heater.

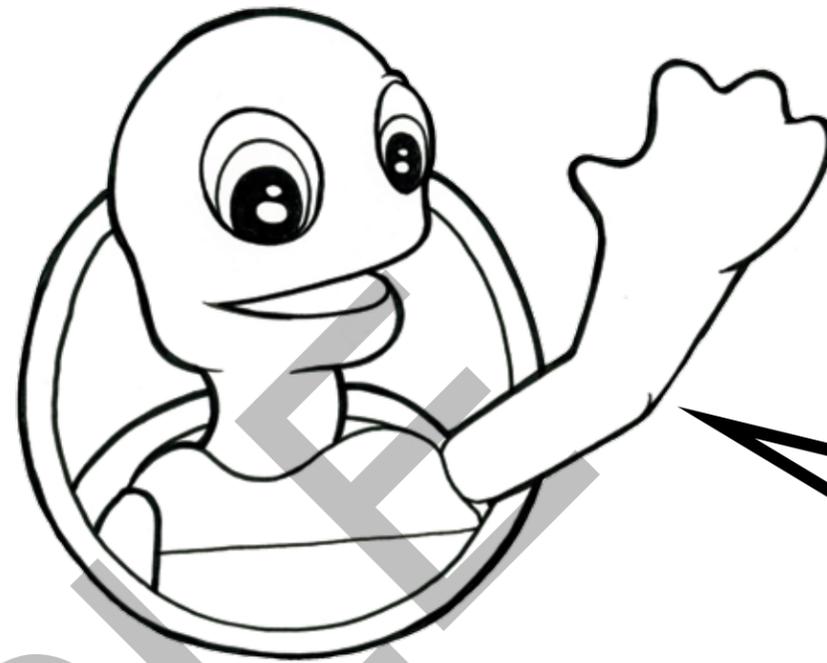


Here's something that's very important for fire safety. Connect the dots to find out what it is!

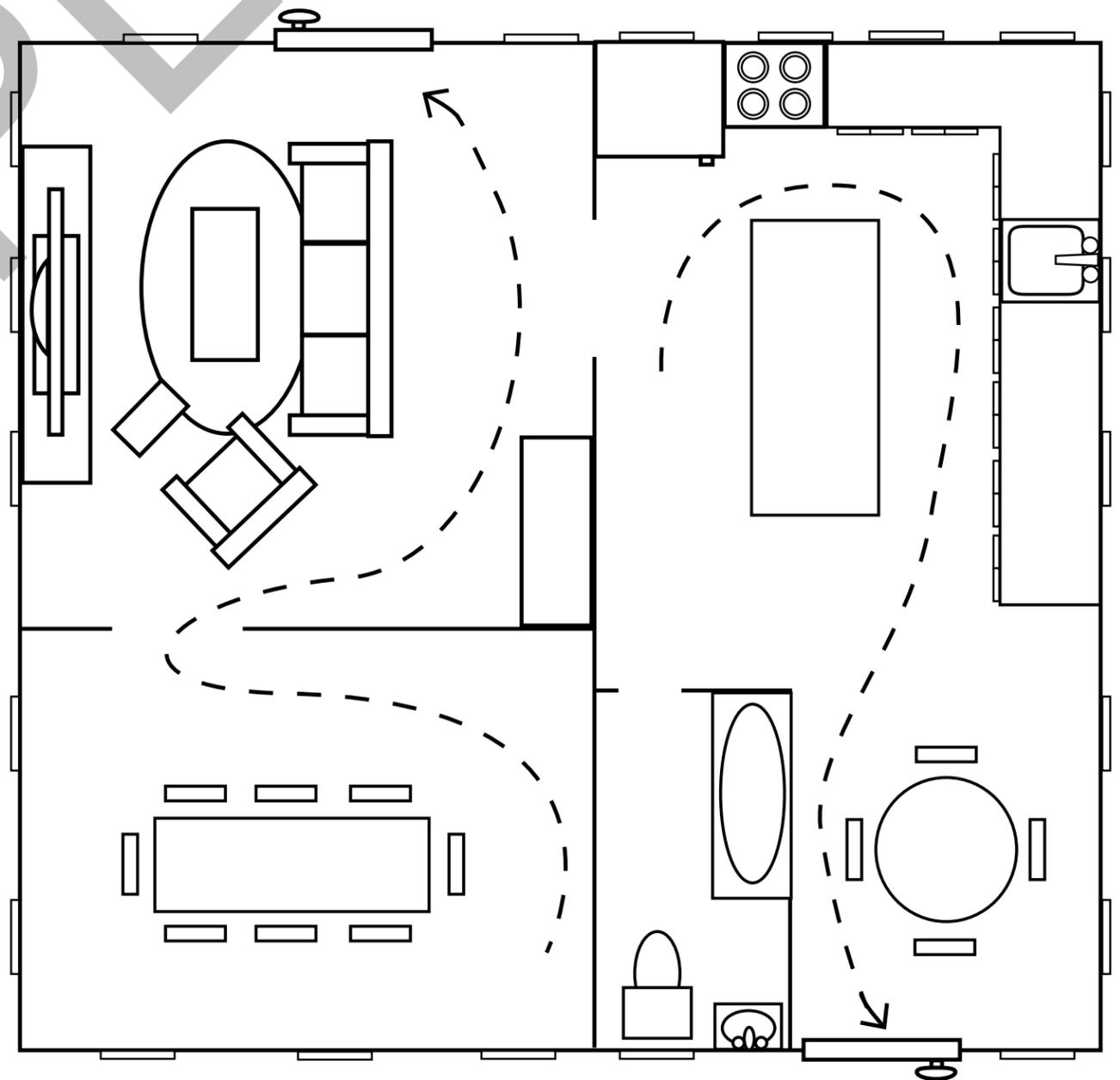




You should have both fire alarms and carbon monoxide alarms in your house.



Kids and parents should make a plan to leave in case an alarm goes off.



Tell your parents if you see peeling paint. Never put paint chips in your mouth.



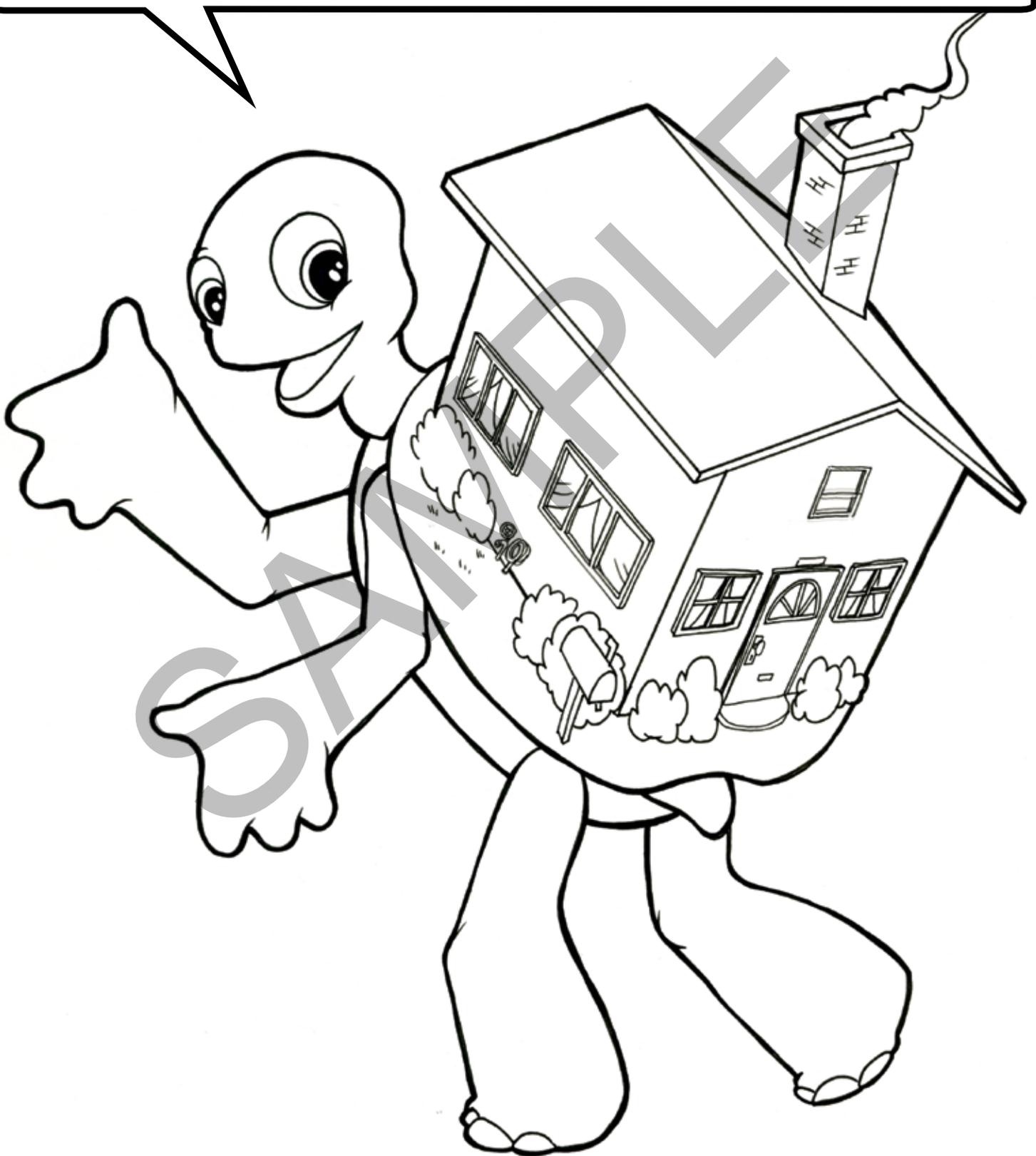
Cleaning products can hurt you or make you sick. Never touch them unless your parents say it's okay.

Tell your parents if you see leaky faucets or clogged drains in your house. Also keep an eye out for mold.

Don't play near the pool without an adult around to keep an eye on you. And always be careful.



Bye, kids! And remember...
a clean house is a healthy house!



SAMPLE

For information about Keys to a Healthy Home Outreach Materials
go to www.keystoahealthyhome.com

Notice: Keys to a Healthy Home Outreach Materials are produced by PES Group. Neither PES Group nor any person acting on behalf of PES Group makes any warranty, expressed or implied, with respect to the use of any information disclosed in this booklet, or assumes any liability with respect to the use of, or for damages resulting from the use of, any information contained in this booklet. The recommendations, statistics and information provided are strictly for the purposes of informing the user.

©2011 PES Group. All Rights Reserved.