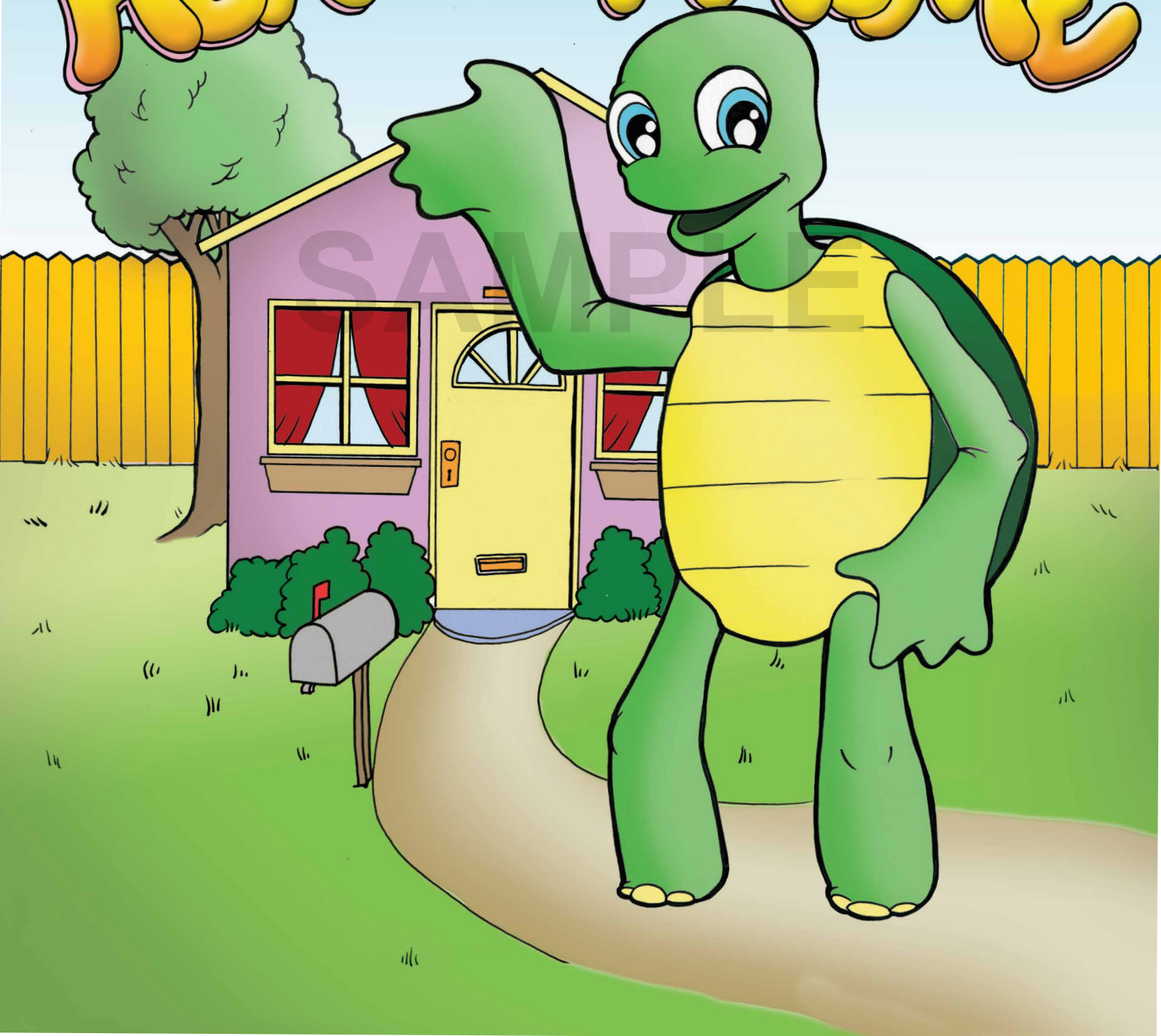


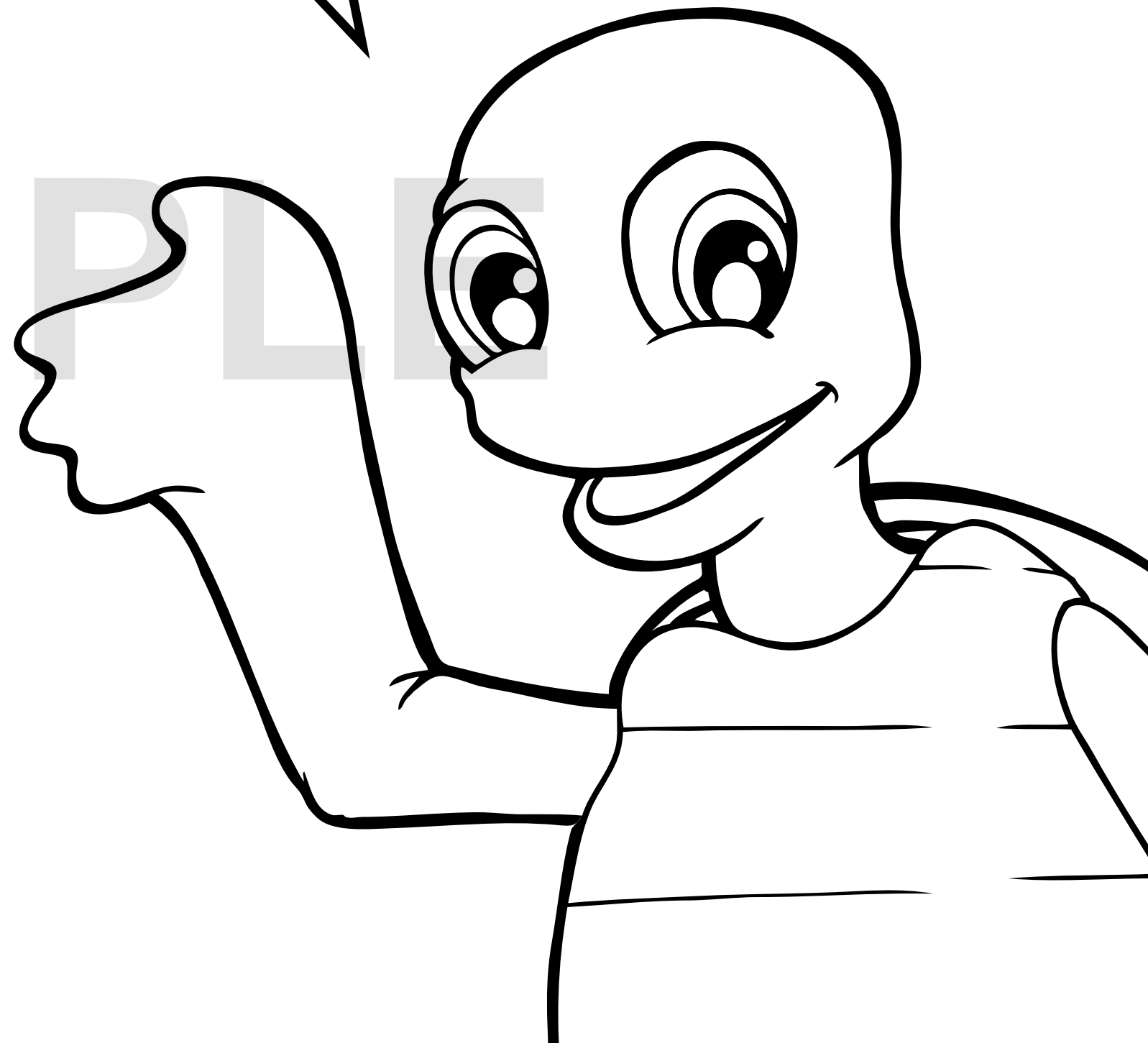
TIMMY TURTLE'S GUIDE TO

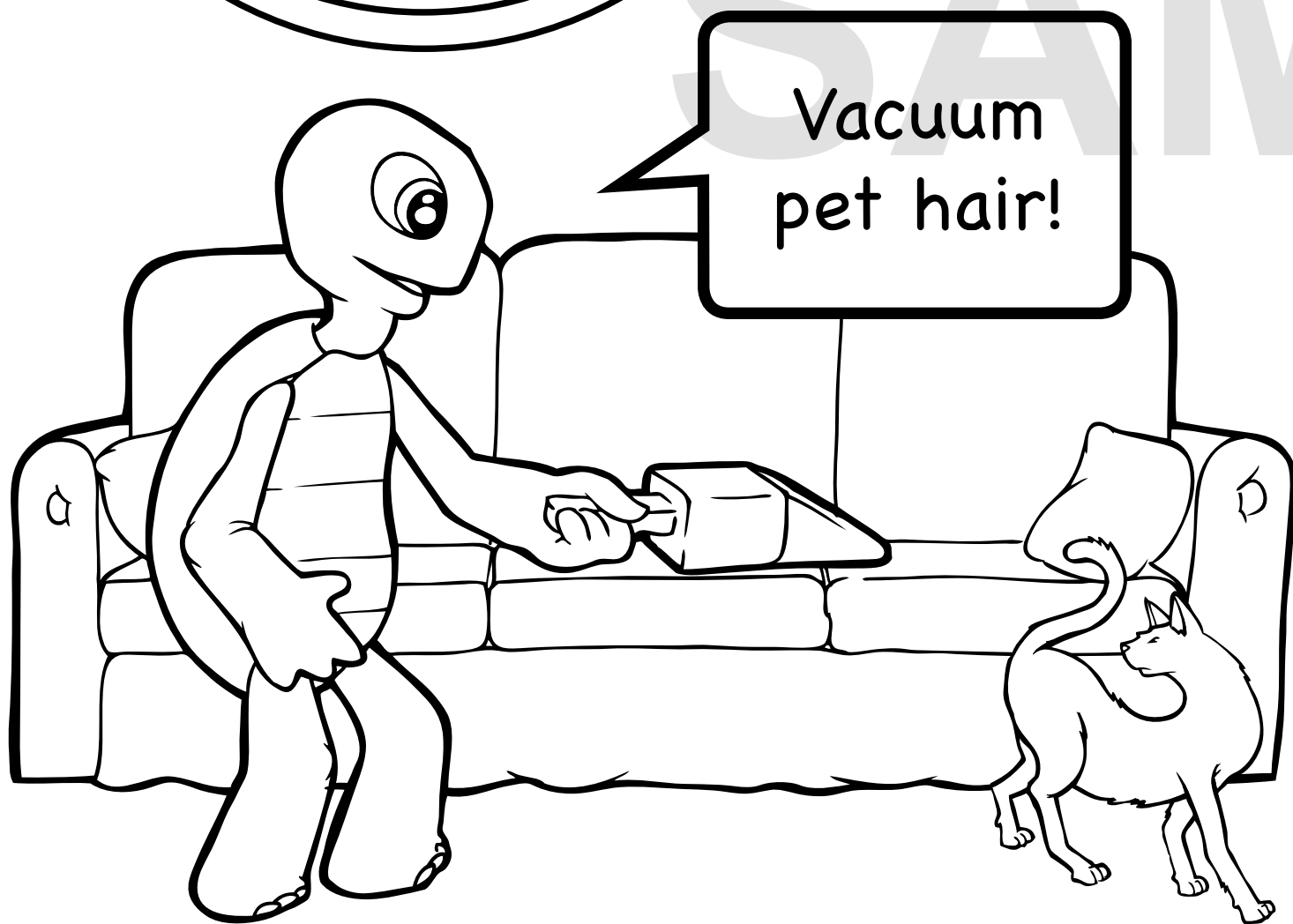
# A HAPPY HEALTHY HOME



Hi, I'm Timmy the Turtle.  
Keeping a healthy home means making  
sure your home is clean and safe for  
everyone who lives there.

SAMPLE

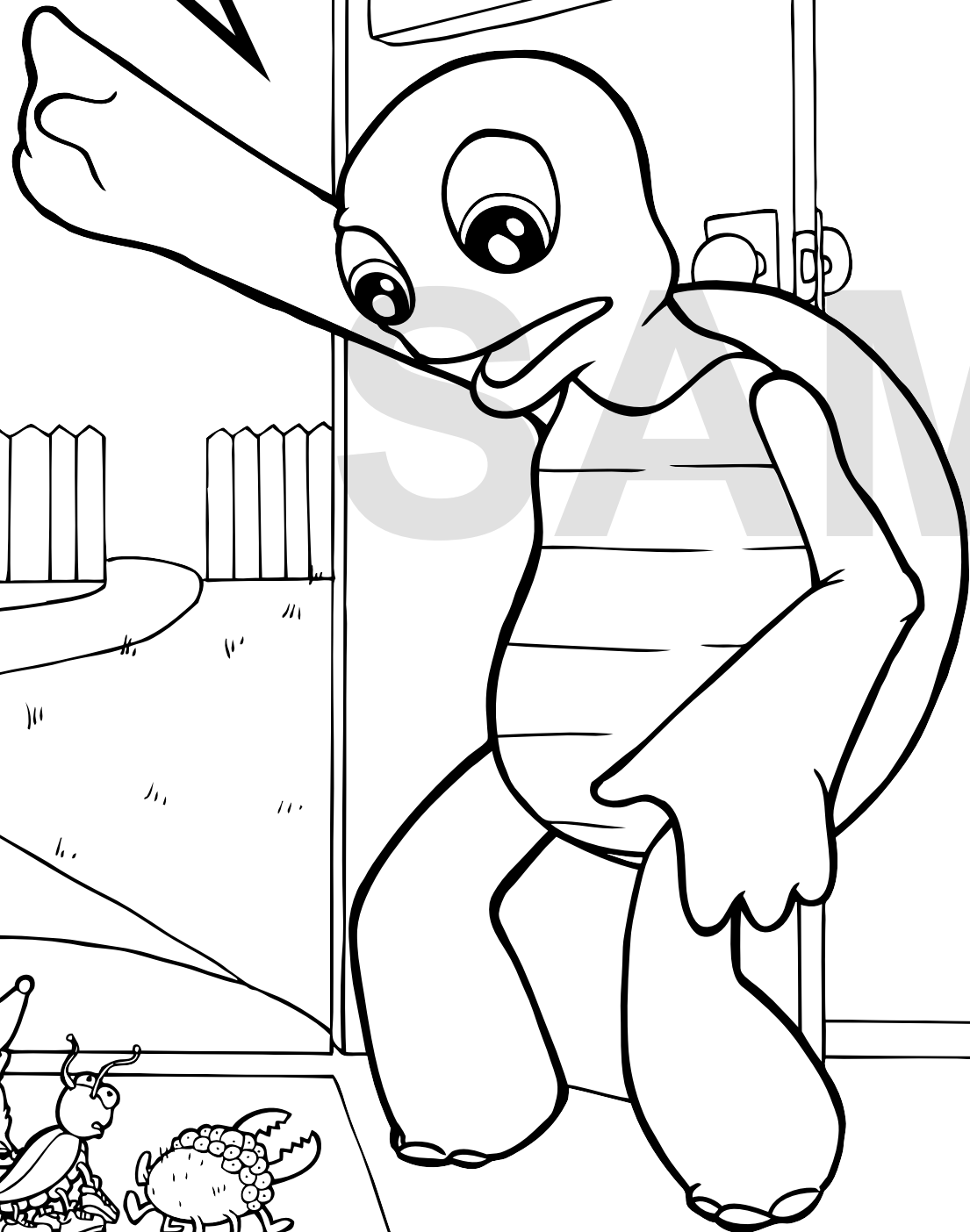




**BE CAREFUL!**  
Some cleaning products or their fumes can make you sick or hurt you. Never touch them unless your parents say it's okay.



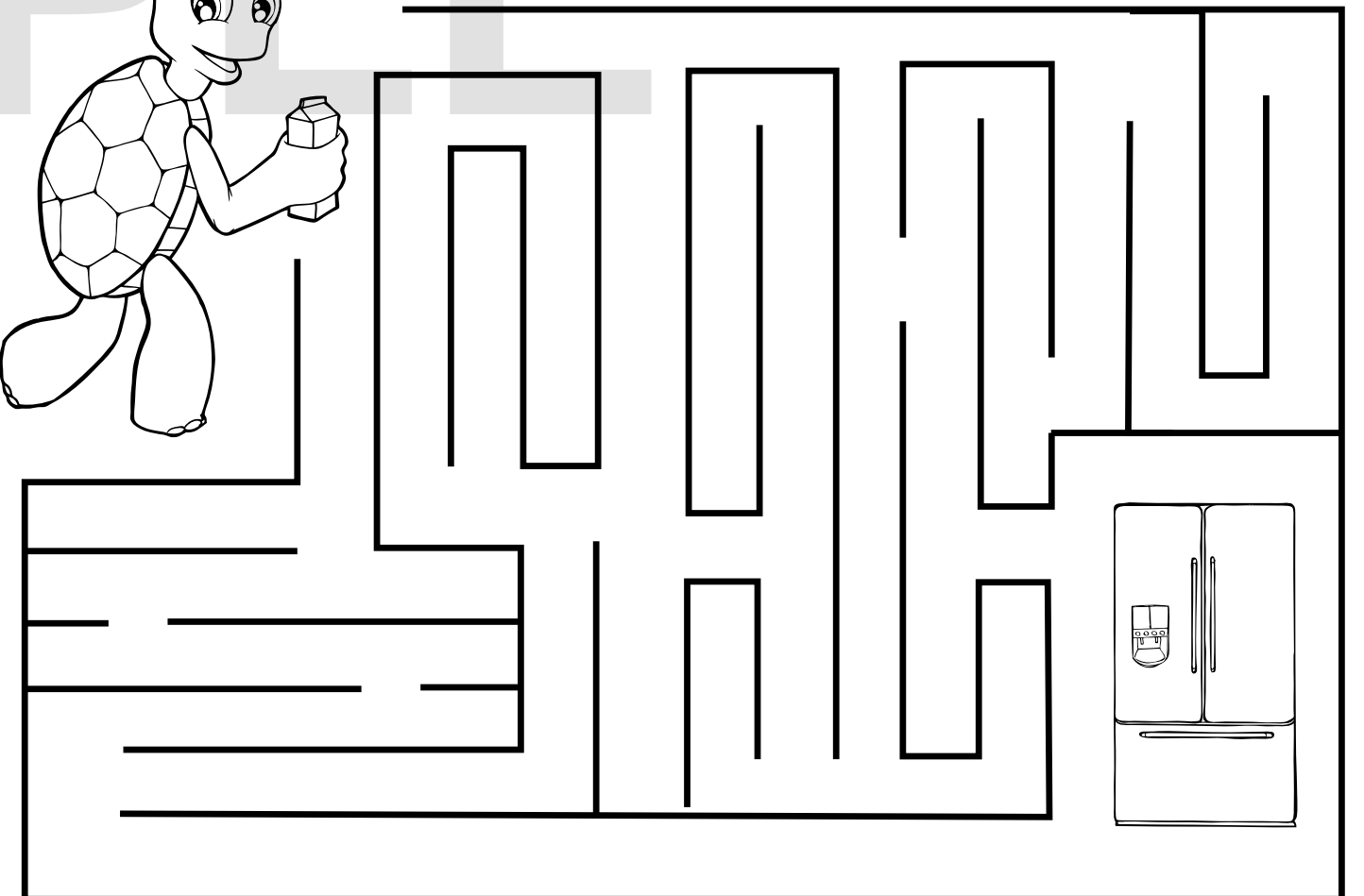
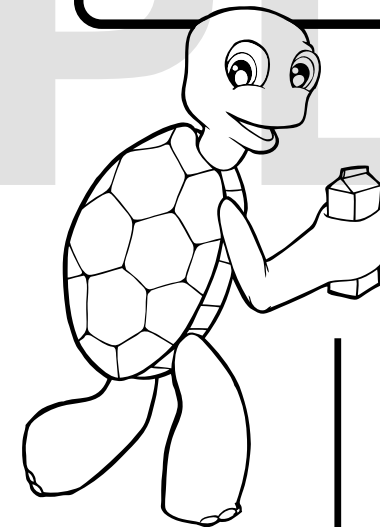
When your house is dirty,  
bugs and mice can move in  
and make you sick.  
Get out of here, you guys!



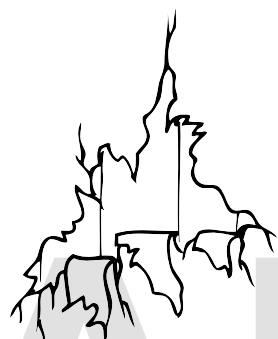
Always wipe your  
feet and take off  
your shoes when you  
go inside. Your shoes  
can track in dirt and  
harmful chemicals.



Did you know that leaving food out, can  
attract bugs? Can you help Timmy put the  
milk back in the fridge?



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

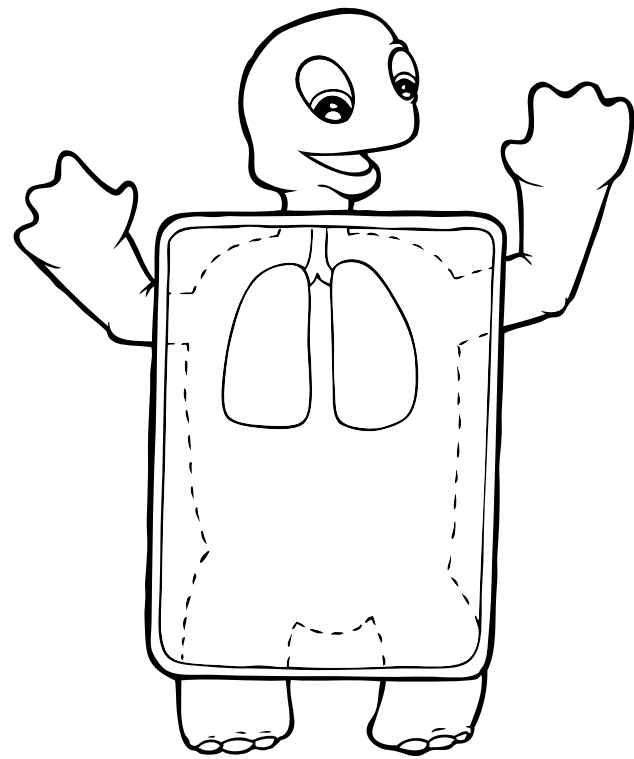


Use a clean sponge to wipe up spills!

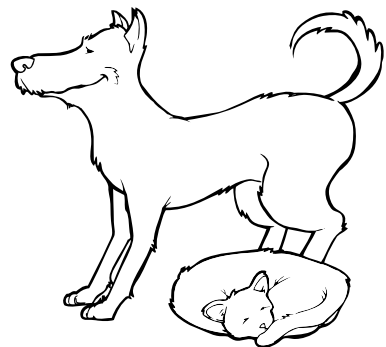


Can you find all 8  
sponges in the kitchen?

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



Asthma is a kind of sickness that makes it hard to breathe. Things that make your asthma flare up are called asthma triggers. Here are some common asthma triggers:



**PETS**



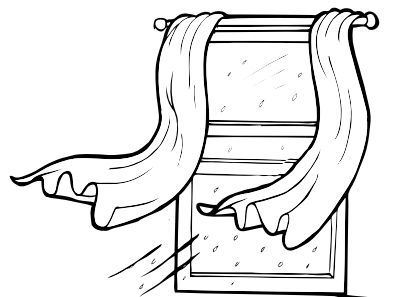
**COCKROACHES**



**DUST MITES**



**POLLEN**

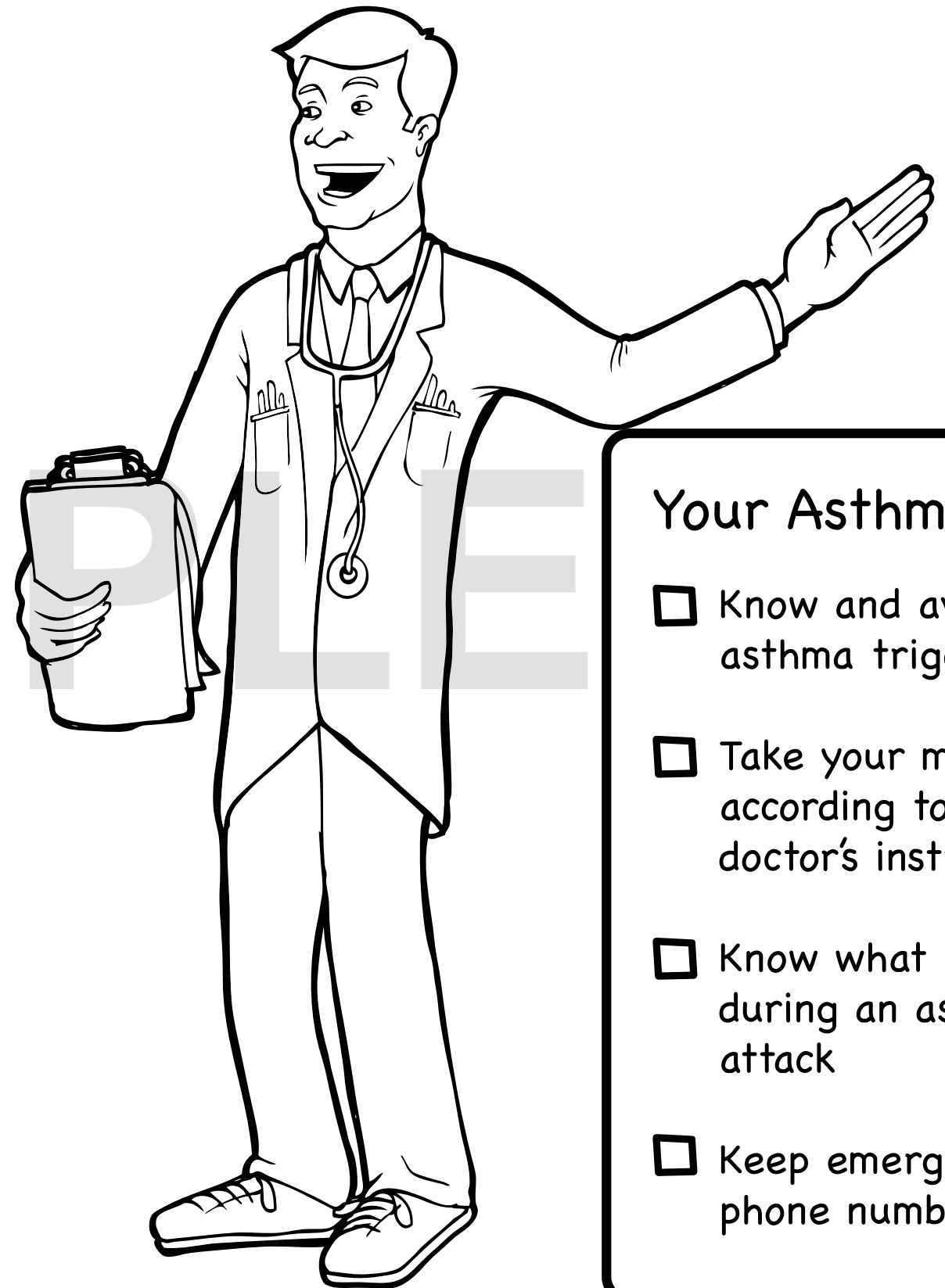


**COLD AIR**



**SMOKE**

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



## 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

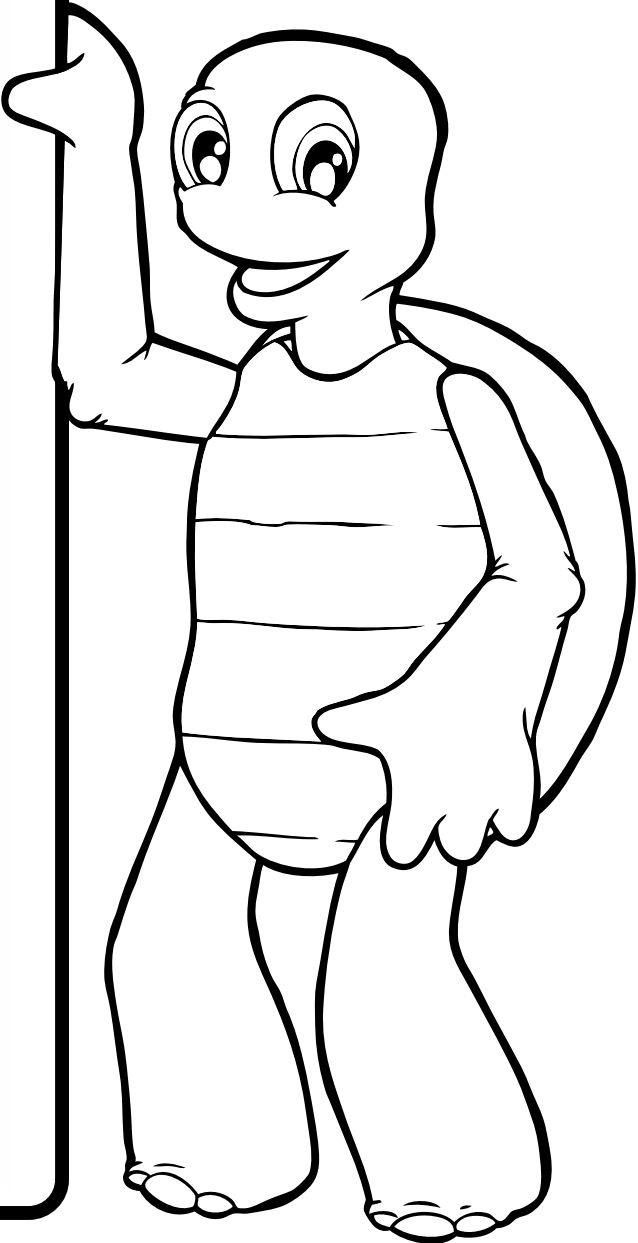
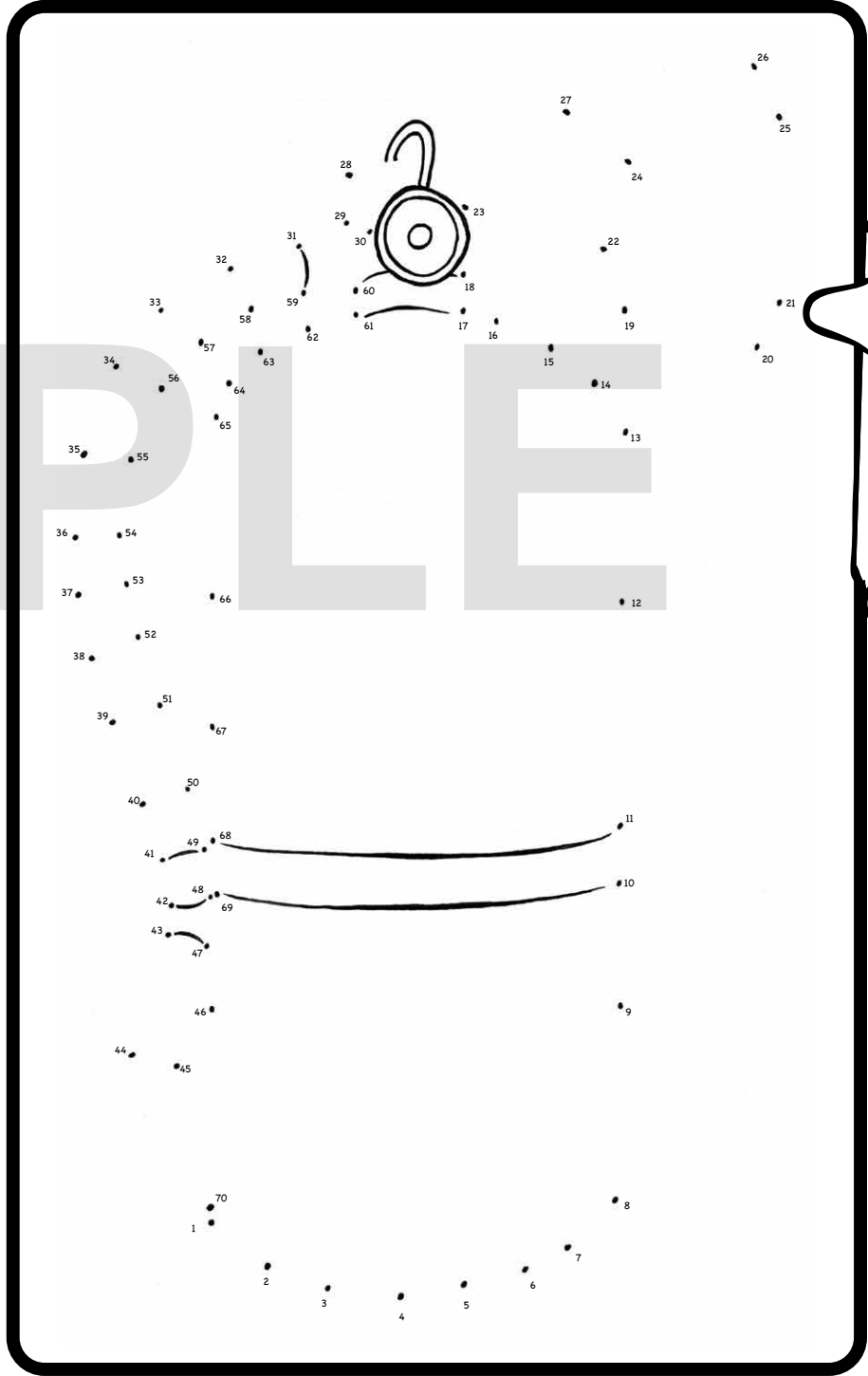


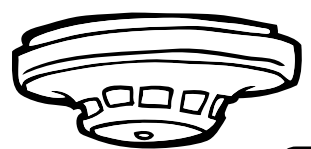
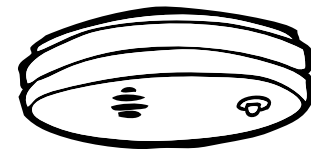
Always be careful around heat and fire.

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

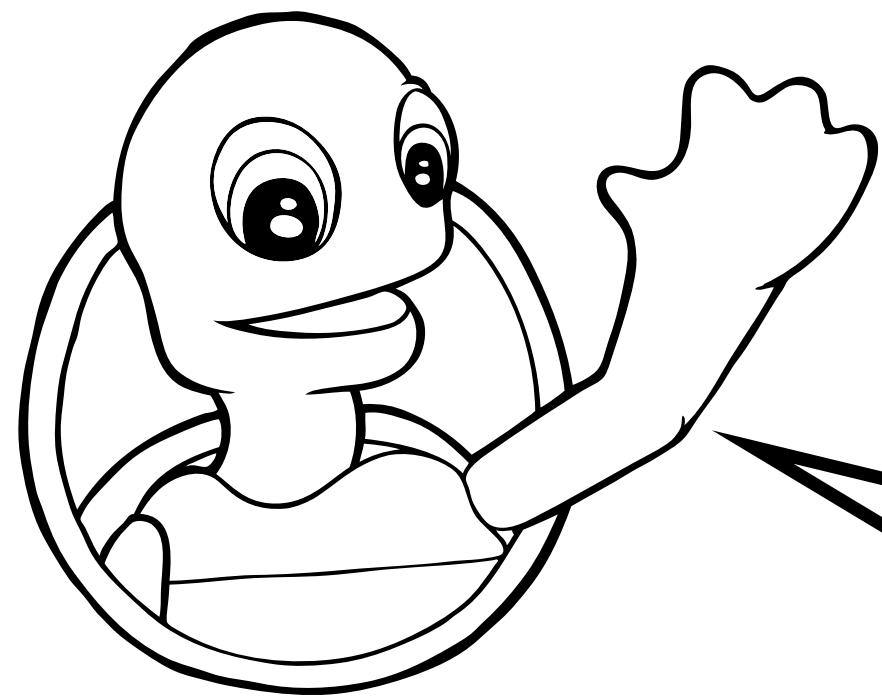


Here's something that's very important for fire safety. Connect the dots to find out what it is!

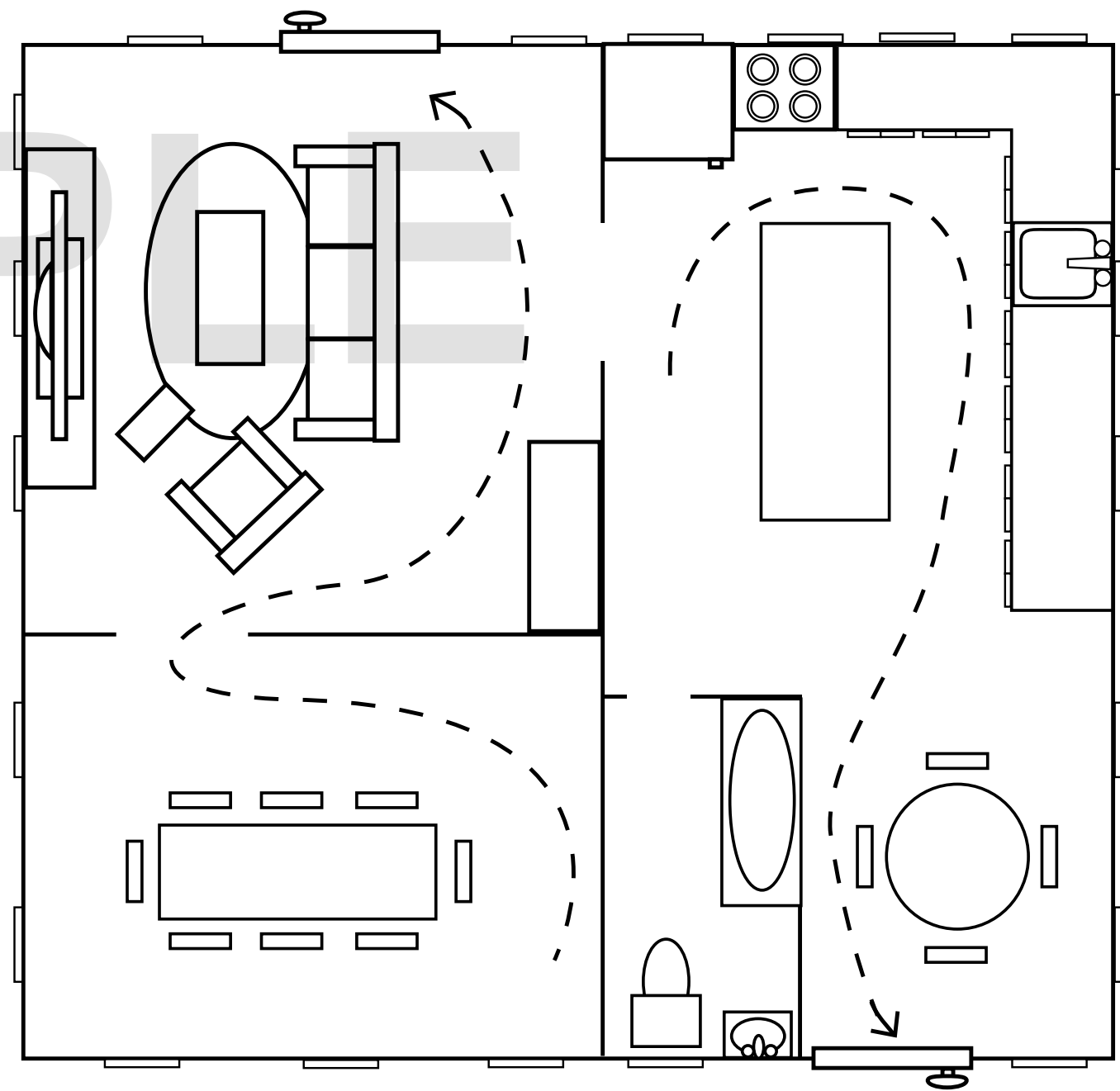




You should have both fire alarms and carbon monoxide alarms in your house.



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





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



Mice and bugs like messy places. Clean up your room so they don't move in.



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





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