

Spring Cleaning Tips for Your Home

Sources: Oxygen One Inc. and MedicineNet.com

Spring is on its way and many households will engage in the Spring Cleaning ritual. There are many asthma triggers found in the home environment: dust mites, mold, cockroaches, dander from household pets and combustion byproducts. Parents of asthmatic children should clear the home of potential asthma triggers to avoid flare ups.



Parents can help reduce exposure to asthma triggers by using the following spring cleaning tips.

Avoid Aerosol Products

Aerosol products are effective cleaners, but they also emit harmful chemicals that can impact breathing. Additionally, cleaning products with strong scents can cause breathing problems.

Use Alternative Cleaners

Using natural non-toxic cleaners like vinegar and baking soda reduces exposure to hazardous toxic chemicals that can be found in the best modern cleaners.

Use Microfiber

Microfiber cloths are helpful cleaning tools. They disinfect a surface with just water and have a static charge that attracts dust instead of releasing it back into the air.

Use a Wet Cloth

A wet cloth cleans and dusts surfaces better than sweeping or using a duster. Dusters circulate dust particles back into the air where they can be inhaled. If you use a broom, spray water on the bristles so that the dust sticks to the broom.

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A publication of Breathe California of the Bay Area

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Join Us for World Asthma Day!

Tuesday, May 5th, 2009
For more information, contact
Tiffany Wong at (408) 998-5865 or
email tiffany@lungsrus.org.

Volunteer at the 2009 ING Bay to Breakers 12K

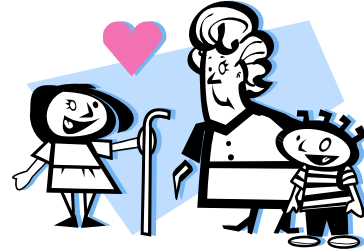
Join Breathe California at one of the Bay Area's most exciting events around - the annual Bay to Breakers 12K on Sunday, May 17th! You now have two opportunities to get involved this year!

Saturday, May 16 - the day before the run

We need 80 volunteers to work one of two 40-person shifts at the Expo at the Bill Graham Civic Auditorium in San Francisco.

Shift #1 is from 8:00 a.m. to 12:00 noon. **Shift #2** is from 12:00 noon to 4:00 p.m. If you have the time, please feel free to volunteer for *both* shifts - it's fun! Duties include:

- Handing out race packets
- Sorting t-shirts
- "Traffic control/people moving" in the expo building
- Handing out Breathe California marketing materials
- NO HEAVY LIFTING!



Sunday, May 17 - RACE DAY!

We are looking for 150 volunteers to help us staff the 4 water stops along the race course from 6 a.m. – 12 noon (subject to change). These volunteers will help:

- Unload cases of water bottles off trucks;
- Open cases of water bottles;
- Pour water into cups;
- Distribute water to runners as they pass, and
- Breakdown and clean up water stop areas



Experience the race's fun-filled atmosphere first-hand, meet new people, assist the runners and contribute to an extraordinary San Francisco tradition. In addition, your participation will help Breathe California – the race's title beneficiary – continue to fight lung disease in all its forms and help local residents breathe easier.

To become a volunteer or to learn more about this volunteer opportunity, please contact **Breathe California Event Coordinator Helen Spangler** at **(408) 998-5865** or e-mail helen@lungsrus.org.

Spring Cleaning Tips...

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Get rid of Dust Collectors

Window blinds and old carpets tend to accumulate dust very quickly and can be difficult to clean. Replace blinds with window shades instead. Tile and wood floors stay dust-free more easily.

Don't Let Mold Build Up

Mold is dangerous for all lung disease patients and can trigger respiratory attacks. Make sure to clean mold and mildew immediately, especially in damp places like bathrooms and basements. Keep these places well-ventilated to prevent mold growth.

Avoid Antibacterial Soaps

Using "antibacterial" soaps contributes to the rise of resistant bacteria. Using plain soap and water is still an effective way to clean.

Open a Window

When cleaning the house, it is always good to have the windows open for good ventilation and fresh air.

Cleaning is absolutely necessary to make sure your home is free of health threats. Asthma is hard enough to manage by itself and these tips can ensure a safe and healthy home for your family.

Bay Area Fails to Meet Federal Air Quality Standard

Source: San Francisco Chronicle, 12/23/2009

The U.S. Environmental Protection Agency (EPA) has announced that the Bay Area is not meeting the newest federal standards for fine particle pollution. Over the past decade, the metropolitan area has exceeded the federal standard an average of 20 times per year, making it one of 46 areas in the country in “non-attainment.”

The announcement means that the Bay Area Air Quality Management District has until 2014 to implement plans to meet the new federal standard, or risk losing federal transportation funding. The

announcement had been expected ever since the EPA toughened its standard for the acceptable amount of particle pollution in the air two years ago.

The news also comes as the Air District continues to implement a new rule banning woodburning on Spare the Air Nights. The Air District hopes that the new regulation, along with new regulations on power plants, factories and diesel vehicles, will significantly help reduce the amount of particle pollution in the Bay Area.

Breathe California Helps Push for Adoption of New “Diesel Truck Standard”

On December 12th, Breathe California brought a delegation of local clean air advocates to Sacramento on a chartered bio-diesel “Bus for Breath” to adopt tough new regulations on diesel pollution. After a day spent testifying before the California Air Resources Board (CARB), the group joined other health and environmental advocates in celebration, when a rule was passed to drastically reduce the amount of diesel pollutants spewed by trucks and buses.

“The new rule adopted by CARB is absolutely critical to protecting public health,” said Breathe California’s Steve French who helped organize the organization’s advocacy trip. “Diesel pollution has been shown to trigger heart attacks, exacerbate asthma symptoms and cause cancer in otherwise healthy individuals.” Under the new rule, all trucks traveling on California roads will have to utilize the cleanest available engines and particulate filters. Experts believe that these advancements could cut diesel pollution by one-third and save 9,400 premature deaths over the next 10 years. The new rule will be phased-in starting in 2010 and ensure that all trucks have been replaced or retrofitted by 2023.

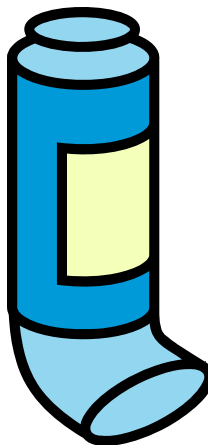
While the cost of adopting the rule has been placed at \$5.5 billion, CARB’s analysis predicted that between \$48 billion and \$68 billion will be saved in healthcare costs. In addition, the state will be providing funds to help individual truckers deal with the expense of upgrading their fleets.

Get a Voucher for a Free HFA Inhaler

Breathe California is proud to announce that it will be offering vouchers for one free HFA inhaler!

The vouchers were donated by the **Respiratory and Allergic Disease Foundation** (in partnership with TEVA Specialty Pharmaceuticals) to help un-insured or under-insured patients switch over from the now-banned CFC inhalers

You can download a short **voucher redemption form** from our Breathe California website at www.lungsrus.org. Complete the form and bring it along with a copy of your prescription to our office at 1469 Park Avenue in San Jose. Vouchers will be given out first-come, first-served while supplies last.



Join Us for Our Spring PAC Meeting!!!

Parents of Asthmatic Children (PAC) support group meetings are held as a resources for families who must confront asthma regularly. At these meetings, we discuss a number of issues related to your child's asthma, including the latest and most relevant news, legislation and asthma management techniques. Parents also have the opportunity to ask questions and network with other families to help their children lead fuller and healthier lives. Dinner will be provided and children are invited.



When: Tuesday, March 3rd, 2009

6:00 pm to 7:00 pm

Where: Allen at Steinbeck School
820 Steinbeck Drive
San Jose, CA 95123

Topic: "The Effect of Sinuses on Asthma"

Speaker: Dr. Thomas Daily, MD, FCCP

Chief of Pulmonary Medicine at Kaiser Permanente, Santa Clara

Please RSVP by Friday, February 27th to Tiffany Wong at tiffany@lungsrus.org or (408) 998-5865.

See you on March 3rd!

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