

**COMMON  
ASTHMA  
TRIGGERS**

Indoor –  
tobacco smoke, dust and  
dust mites, pets, mold,  
cockroaches, pesticides and  
aerosol sprays

**Outdoor –**  
pollen, air pollution, dust,  
cold air, physical activity,  
and pesticides

**STEPS TO CONTROL  
ASTHMA**

**Get medical care:**

- See a doctor
- Follow the doctor's instructions
- Take medicines as directed

**TAKE CHARGE OF YOUR  
ENVIRONMENT:**

- Identify what sets off your asthma attacks
- Eliminate or avoid exposure to your asthma triggers
- Don't contaminate the air inside your house with tobacco smoke, aerosols or pesticides

For more information contact  
your local chapter of the  
American Lung Association at  
1-800-586-4872.

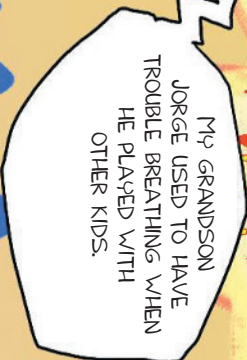
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**ASTHMA  
DOESN'T  
HOLD MY  
GRANDSON  
BACK!**



**MY GRANDSON  
JORGE USED TO HAVE  
TROUBLE BREATHING WHEN  
HE PLAYED WITH  
OTHER KIDS.**

WE WENT TO THE HEALTH CENTER AND THE DOCTOR TOLD US JORGE HAD ASTHMA.

ASTHMA IS A LUNG DISEASE THAT REQUIRES MEDICATION AND CAREFUL ATTENTION.

SO I MAKE SURE MY SON MOPS THE FLOOR TO KEEP THE DUST DOWN.

JORGE'S MOM WASHES HIS SHEETS AND STUFFED ANIMALS EVERY WEEK TO GET RID OF DUST AND DUST MITES.

(DUST MITES ARE MICROSCOPIC CREATURES THAT LIVE IN FURNITURE, CARPETS, BEDDING AND STUFFED TOYS.)

AND I MAKE SURE THAT JORGE ALWAYS HAS HIS ASTHMA MEDICINE WITH HIM IN CASE HE GETS AN ASTHMA ATTACK.

EVERYONE WITH ASTHMA IS DIFFERENT.

FOR JORGE, PHYSICAL ACTIVITY, DUST AND DUST MITES CAN MAKE BREATHING DIFFICULT.

BY TAKING HIS MEDICATION AND AVOIDING THINGS THAT MAKE BREATHING DIFFICULT FOR HIM, JORGE'S ASTHMA IS UNDER CONTROL.

NOW HE CAN KEEP UP WITH THE OTHER KIDS.

## KEEP YOUR CHILDREN LEAD-FREE

- Get them tested for lead
- Keep your house free of lead-contaminated products, lead dust or peeling paint
- Feed your children foods that are low-fat and rich in iron and calcium



## COMMON SOURCES OF LEAD INCLUDE:

- Lead paint (banned in the U.S. in 1978),
- Dust and soil (contaminated by traces of lead paint or leaded gasoline)
- Water that passes through lead pipes
- Home remedies (like greta or azarcon)
- Pottery with leaded varnish
- Some Mexican candy with chili powder
- Car batteries
- Some mini-blinds

Foods rich in iron include eggs, spinach, red meats, and beans. Milk, fish and spinach are some foods rich in calcium.

For more information call the  
National Lead Information Center at  
1-800-532-3394

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# LEAD!

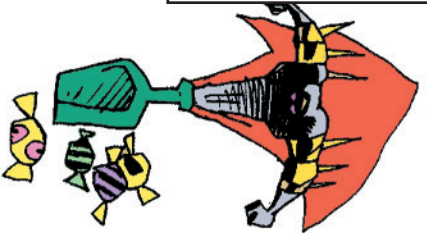
the hidden villain.



Keep your children  
away from it.

Lead is a metal that can be found in your home and in the environment. When it enters a young child's body, even small amounts of this villain can be dangerous

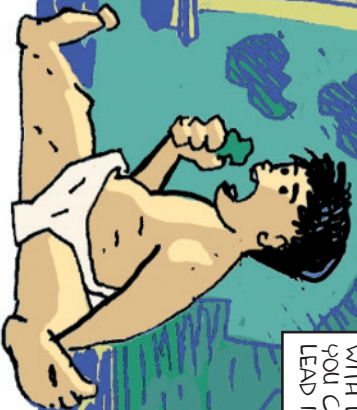
LEAD SOMETIMES LURKS IN PLACES YOU WOULDN'T EXPECT, LIKE IN HERBAL REMEDIES SUCH AS GRETA OR AZARCON . . .



SOME MEXICAN CANDY WITH CHILI POWDER . . . OR IN THE VARNISH OF SOME MEXICAN POTTERY.



PAINT USED TO CONTAIN LEAD, AND THIS PAINT IS ON WALLS, DOORS AND WINDOWS OF OLDER HOMES.



WHEN YOU OPEN DOORS AND WINDOWS PAINTED WITH LEAD-BASED PAINT, YOU CREATE DUST WITH LEAD IN IT.

KIDS CAN EAT LEAD DUST OR PEELING PAINT CHIPS WHEN THEY GET ONTO FOOD, TOYS OR ON KIDS' HANDS.

WHEN A PREGNANT WOMAN EATS OR DRINKS CONTAMINATED PRODUCTS, THE LEAD CAN AFFECT HER AND HER UNBORN BABY.



LEAD POISONING CAN CAUSE HYPERACTIVITY, LEARNING DISABILITIES, REDUCED ATTENTION SPAN, AND EVEN MENTAL RETARDATION. LEAD CAN HURT KIDS WITHOUT CAUSING ANY NOTICEABLE SYMPTOMS.

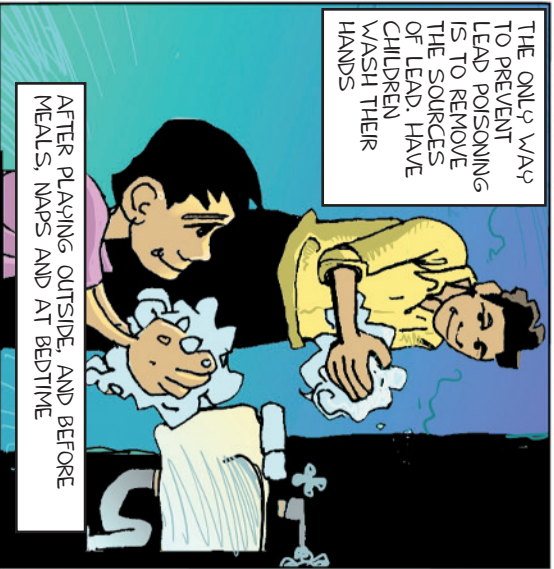


A BLOOD TEST IS THE ONLY WAY TO KNOW IF A CHILD HAS TOO MUCH LEAD IN HER BODY. SOME CLINICS PROVIDE FREE OR LOW-COST BLOOD TESTS.

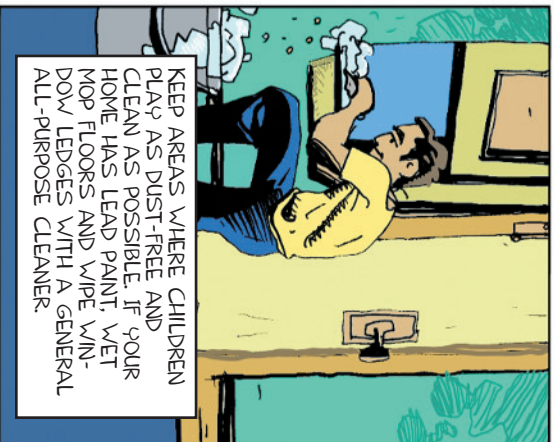


EXCEPT FOR SEVERELY POISONED CHILDREN, THERE IS NO MEDICAL TREATMENT FOR THIS DISEASE.

THE ONLY WAY TO PREVENT LEAD POISONING IS TO REMOVE THE SOURCES OF LEAD. HAVE CHILDREN WASH THEIR HANDS



AFTER PLAYING OUTSIDE, AND BEFORE MEALS, NAPS AND AT BEDTIME



KEEP AREAS WHERE CHILDREN PLAY AS DUST-FREE AND CLEAN AS POSSIBLE. IF YOUR HOME HAS LEAD PAINT, WET MOP FLOORS AND WIPE WINDOW LEDGES WITH A GENERAL ALL-PURPOSE CLEANER.

DON'T COOK OR SERVE FOOD IN POTTERY WITH LEADED VARNISH.



A HEALTHY DIET RICH IN IRON, CALCIUM AND LOW-FAT FOODS WILL HELP KEEP LEAD OUT OF YOUR CHILD'S BODY.

If you still see bugs inside your home, use safer products to kill them, like boric acid powder, bait stations, or sticky traps. Place these products in areas where you find bugs but where kids and pets can't reach them. Use natural cleaning products like vinegar, baking soda, or borax.

**FOLLOWING THESE STEPS WILL KEEP YOUR FAMILY HEALTHY AND KEEP YOUR HOUSE FREE OF PESTS.**

Keep your house clean and use less harmful products to fight pests. If you use commercial pesticides, be sure to follow label instructions.

Avoid the use of products that don't have pesticide labels, like insecticide chalk, "Tres Pasitos," or "Polvo de Avion."



**IN CASE OF EMERGENCY,  
CALL YOUR LOCAL  
POISON CONTROL CENTER  
AT**

**1-800-222-1222.**

**IN CALIFORNIA, CALL  
1-800-876-4766**

For more information about pesticides call the

**NATIONAL PESTICIDE  
INFORMATION CENTER**

at  
**1-800-858-7378.**

Exposure to some chemical pesticides can cause nausea, dizziness, blurred vision or skin rashes. Long-term exposure to some pesticides may lead to cancer, birth defects or infertility.

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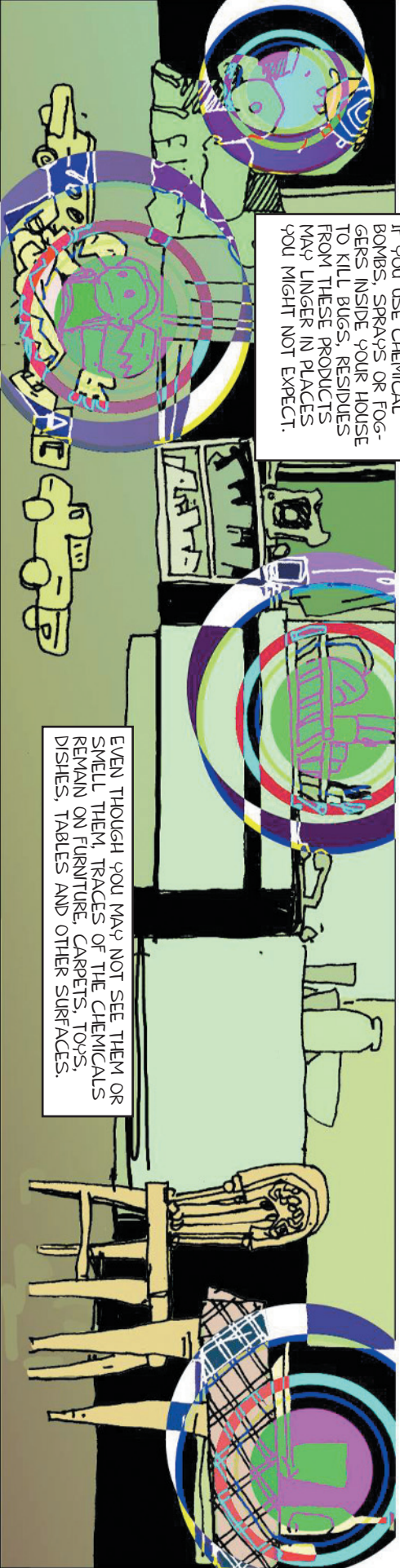
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**Are the  
chemicals  
you use to  
kill bugs**

**in your  
home  
hurting**

**your family  
too?**





IF YOU USE CHEMICAL BOMBS, SPRAYS OR FOGGERS INSIDE YOUR HOUSE TO KILL BUGS, RESIDUES FROM THESE PRODUCTS MAY LINGER IN PLACES YOU MIGHT NOT EXPECT.

EVEN THOUGH YOU MAY NOT SEE THEM OR SMELL THEM, TRACES OF THE CHEMICALS REMAIN ON FURNITURE, CARPETS, TOYS, DISHES, TABLES AND OTHER SURFACES.




EXPOSURE TO COMMERCIAL PESTICIDES IN YOUR HOME CAN MAKE YOUR FAMILY SICK, ESPECIALLY YOUR CHILDREN.

CHILDREN ARE MOST SENSITIVE TO CHEMICAL PESTICIDES BECAUSE THEIR BODIES ARE STILL DEVELOPING.



INSTEAD OF TRYING TO KILL THE BUGS ONCE THEY'RE INSIDE YOUR HOUSE, TRY TO KEEP THEM OUT.

TAKE OUT THE TRASH AND WASH DIRTY DISHES EVERY DAY SO BUGS WON'T HAVE FOOD TO EAT.



SEAL ANY CRACKS OR CREVICES THAT BUGS USE TO COME INSIDE.



FIX LEAKY FAUCETS OR PLUMBING SO THE BUGS WON'T HAVE WATER TO DRINK.