



GUIDELINES FOR MY CLASSROOM

Follow these guidelines to improve health, learning, and productivity in your classroom

ENSURE GOOD VENTILATION:

- Keep air vents free of books, papers, furniture or any obstructions.
- Set ventilation system controls to the “fan ON” position or open windows and doors if necessary.

MINIMIZE SOURCES OF INDOOR AIR POLLUTION:

- Prohibit candles, scented plug-ins, potpourri, incense, perfumes, air fresheners, etc. in the classroom.
- Remove classroom pets with fur or feathers.
- Use nontoxic art supplies (AP Nontoxic, CP Nontoxic, Health Label).
- Seal all paints, adhesives, solvents and art supplies tightly and store in a well-ventilated, secure area.
- Use integrated pest management (IPM) procedures to control pests.
- Report any signs of mold, mildew, dampness, condensation or leaks to site administrators.

KEEP CLASSROOMS CLEAN AND CLUTTER FREE:

- Store food properly (use sealed containers).
- Arrange classrooms to facilitate easy cleaning.
- Maintain daily classroom cleanliness.
- Arrange for daily trash removal.
- Use only cleaning products approved by the district (least toxic/green products) and store in a secure area.
- Work with site administrators to ensure classrooms are regularly dusted, mopped and vacuumed.

Resources on indoor air quality & prevention of asthma triggers:

- Community Action to Fight Asthma - <http://calasthma.org/resources/>
- Indoor Air Quality Tools for Schools Program - <http://www.epa.gov/iaq/schools/>
- National Asthma Education and Prevention Program
How Asthma-Friendly Is Your Child-Care Setting?
http://www.nhlbi.nih.gov/health/public/lung/asthma/chc_chk.htm
How Asthma-Friendly Is Your School?
http://www.nhlbi.nih.gov/health/public/lung/asthma/sch_chk.htm

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