Please!
No fire works
on the Kaibab
Paiute Indian
Reservation
Intermountain
Garfield Memorial Hospital

3D DIGITAL MOBILE MAMMOGRAPHY UNIT

coming to your area

Kanab
August 17, 18 & 19 2021

Call 435-676-1267 or 435-676-1547 to schedule an appointment.

FREE mammograms available to those who qualify.
Provided by UCCP - Utah Cancer Control Program
**Down for This**

In case you were too blissed out to notice in yoga class, **downward dog** is *not* a passive pose. Do it right and you'll work your shoulders, quads, and abs, all while getting an mmm-so-good stretch in your calves, Achilles, and hamstrings. Perfect your posture:

**THE STEPS**
1. Get into a high plank position, wrists directly under shoulders, feet back.
2. Spread fingers to create a strong base.
3. Shift hips up and back to feel tension in calves.
4. Try the modifications, right, for a deeper stretch and a bigger challenge!

**MIX IT UP**

**BEND YOUR KNEES**
Legs hurting? Just bend your knees a bit to take the pressure off—while keeping your hips high and stomach close to thighs.

**WORK IT OUT**
Once in position, bend one knee at a time to stretch legs, then lean into palms for a deeper stretch in the shoulders.

**PROGRESS TO DOLPHIN**
From downward dog, lower elbows toward ground until forearms press firmly into mat, hips still high. Widlen stance to make it easier.

---

**Beast Mode**

Crab, Boar, Panther. There's a reason you're seeing more critter-inspired exercises lately (and if ya haven't, check out Kira Stokes's Stoked Primal method and trainer Mike Fitch's Animal Flow). They work. "These exercises, inspired by the natural way animals move, mimic our primal movement patterns to target tons of muscles and incorporate mobility and cardio," says Lauren Kanski, CPT. Her go-to: Beast. Assume a tabletop position, knees hip-width apart and lifted an inch off the floor. Stay static, or crawl around for an extra burn. *Roar* recommended.

---

**Which Should I Do First: Cardio or Strength?**

Not sayin' you need to double up your lifts and sprints, but a tight schedule may mean squeezing in both. Your order of operations, via Jimmy Bagley, PhD, an associate professor of kinesiology at San Francisco State:

**LIFT FIRST IF...**
**YOU'RE TRYING TO GET STRONGER**
Cardio activates an enzyme that tells muscles to slow their roll in the name of conserving energy—*not ideal* if you wanna make the most of your lifts. Nall your seqn then follow with a low-impact form of cardio, like the elliptical or bike.

**RUN FIRST IF...**
**YOU WANT A PR**
Your priority workout should come first—you don't want to start your run tired. Plus, in this case, you're not lifting to build muscle, you're lifting to move well and prevent injury, and you can do that after you've logged some miles.
It is Summertime and we all like to have fun doing summer activities such as boating, hiking, swimming, playing outside and many other fun activities. Here are some tips to stay safe this summer:

1. **Beat the heat**: Anybody can be at risk for a heat-related illness. Follow these summer safety tips, like taking extra breaks, drinking lots of water and sitting in shaded areas.

2. **Bug safety**: Mosquitoes can cause a number of illnesses, including Zika Virus and West Nile Virus. Learn what you can do to protect yourself at work and play.

3. **Playgrounds**: Emergency departments see more than 20,000 children ages 14 and younger for playground-related traumatic brain injury each year.

4. **Fireworks**: Summer is synonymous with barbecues, parades, fireworks displays – and plenty of visits to emergency rooms, especially during July.

5. **Water Safety**: Drowning caused 3,709 deaths in 2017. The younger the child, the greater the risk.

6. **Bicycling**: Bicyclists must take extra precautions when they ride. They often share the road with vehicles, but injuries can happen even on a bike path.

7. **Skateboarding**: Everyone falls, but there’s a right way to do it. In 2017, 98,486 people were treated in hospital emergency rooms after being injured skateboarding.

8. **Boating**: Most boating experiences are positive. But joyful times quickly can turn deadly if boaters are not vigilant about safety – at all times.

9. **Pedestrian Safety**: Cell phone distracted walking is a huge problem, and rarely are we more vulnerable than when walking, crossing streets and negotiating traffic.

Summer is a time for fun in the sun, but you want to make sure it is also safe and healthy for you and your family. Unfortunately, the sunny days of summer can be accompanied by serious dangers such as food poisoning, drowning, allergy attacks, heat-related illnesses, sunburns and the stress of traveling.

Any questions please call or email:

Susan Erickson, RN
Tribal Nurse
Office: 928-643-8332
Cell: 435-899-1016
serickson@kaibabpaiute-nsn.gov
Summer Safety

Swimming, Boating, Camping & Hiking are some of the fun Summer activities we enjoy!!

Come and join us for a Zoom education presentation

July 14, 2021

At 6 pm AZ time

Susan Erickson is inviting you to a scheduled Zoom meeting.

Topic: Summer Safety

Join Zoom Meeting

https://us02web.zoom.us/j/3911131530?pwd=V2wrcGE2M0tUdHBJa1o1Y3ZTdVlrQT09

Meeting ID: 391 113 1530

Passcode: 5Z9Ddw

The link will be posted on:

Sending Smoke Signals Facebook page
Kaibab Paiute Tribe Facebook page
Tribe Website
Kaibabpaiute-nsn.gov

Any questions call or email me at:

Susan Erickson, RN
Tribal Nurse
Office: 928-643-8332
Cell: 435-899-1016
serickson@kanbabpaiute-nsn.gov
Diabetes and Physical Activity

Join us in a Zoom Education Presentation

On
July 28, 2021
At
6 pm AZ time

Link will be posted on:
Sending Smoke Signals Facebook page
Kaibab Paiute Tribe Facebook page
Tribal Website
Kaibabpaiute-nsn.gov

Susan Erickson is inviting you to a scheduled Zoom meeting.

Topic: Diabetes and Physical Activity

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Passcode: 5Z9Ddw

If you have any questions call or email:

Susan Erickson, RN
Tribal Nurse
Office 928-643-8332
Cell 435-899-1016
serickson@kaibabpaiute-nsn.gov
WHAT DOES A 20% REDUCTION in water use look like?

INSTALL AERATORS ON BATHROOM FAUCETS saves
💧 1.2 GALLONS per person/day

TURN OFF WATER WHEN BRUSHING TEETH OR SHAVING saves
💧 10 GALLONS per person/day

FILL THE BATHTUB HALFWAY OR LESS saves
💧 12 GALLONS per person

FIX LEAKY TOILETS saves
💧 30-50 GALLONS per day/toilet

INSTALL A HIGH-EFFICIENCY TOILET (1.28 GALLON/FLUSH) saves
💧 19 GALLONS per person/day

WASH ONLY FULL LOADS OF CLOTHES saves
💧 15-45 GALLONS per load

TAKE FIVE MINUTE SHOWERS INSTEAD OF 10 MINUTE SHOWERS saves
💧 12.5 GALLONS with a water efficient showerhead

INSTALL A WATER-EFFICIENT SHOWER HEAD saves
💧 1.2 GALLONS per minute

OR
💧 10 GALLONS per average 10-minute shower

RUN DISHWASHER WHEN FULL INSTEAD OF HALF FULL saves
💧 5-15 GALLONS per load

AVERAGE DAILY USE
The average Californian uses 196 gallons of water per day. Here are some easy ways to reduce water use. Find the right combination for you to reduce by 20% or 38 gallons a day.

196 GALLONS PER DAY

For more tips on reducing water use, visit saveourH2O.org!
Mini Native Art Market

Open air on the lawn in front of the
Kaibab Paiute Tribal Cultural Building
@ Pipe Spring National Monument

Saturday, August 21, 2021
8:00AM – 4:00PM
*Space is limited to 20 vendors*

Vendors must call to register and reserve your table,
limit 1-table per vendor (or you can provide your own tables).
Vendors must provide own chairs and shade.
Electricity/WiFi is not available
this is a “PopUp” market.

Contact LeAnn (928) 643-7365

We strongly encourage youth entrepreneurship however an adult must
accompany any youth vendors.

Come sell your Magnificent hand-crafted works
Or
Your Delicious Baked Goods/Food!

Support Native Artist * Authentic * Handmade

The Kaibab Paiute Tribe is not responsible for lost, stolen or damage to personal property
*Come prepared for the warm weather it is still pretty hot in August*
The Cultural Preservation Office will be closed on 7/5/2021 & 7/7/2021

Need Help With A Cultural Project? Want To Start a Project? The office will be open stop on by Friday, July 9, 2021
Cultural Preservation Office
9:00AM-4:00PM

Adult & Teen Heritage Workshop
Introduction to Basket Weaving
6-hour workshop

There are 10 spots available on a first come first serve sign-up basis.
Deadline to sign-up July 15, 2021.

Lunch will be provided for participants
Next door to the Pipe Spring National Monument

SATURDAY, JULY 24, 2021
9:00AM-3:00PM
Cultural Office Building

Contact LeAnn 643-7365 to sign-up and reserve your spot

**Bring your awl if you have one**
Youth Heritage Class Activity
For Youth 5-16 Years Old

Lunch will be provided for participants
Arts for All Ages and Abilities

"Sorry rides are not provided for activities"

MAKE & TAKE
Come learn to make your own hand-crafted jewelry!
Previous participants can finish their projects.

NEW Daisy Chain bracelets w/ Charm
Epoxy Bottle Cap Earrings
NEW Epoxy Magnets
Bead Embroidery Earrings

TUESDAY, JULY 13, 2021
Kaibab Community Building
9:00AM-3:00PM

WEDNESDAY, JULY 14, 2021
Eagle Mt. Community Building
9:00AM-3:00PM
THE GET MOVING CHALLENGE

Reservation residents
Kids 6yrs., Tweens, Teens, Adults, & Elders

YES, YOU! COUCH POTATO!

The 2020 global pandemic had everyone staying Inside, binge watching TV, and binge eating Junk food!

IT’S TIME TO UNPLUG!
GET OUTSIDE AND GET MOVING!

Do you like FREE things? I like FREE things.
We all like Free Things! Here is a fun self-motivated Way to get out, get moving and earn yourself a FREE brand-NEW Fitbit!

HERE IS WHAT YOU NEED TO DO TO PARTICIPATE

1. Contact LeAnn 643-7365 at the Cultural Preservation Office to get your name on the participant sign-up list. FCFS limited # of Fitbits.

2. Complete at least 5 of the 6 self-motivated Challenges. Pg.2

3. You MUST take pictures of yourself doing 5 Of the 6 challenges and email, message or you can print pictures & bring to the office. This is how you earn your FREE Fitbit!

Fitbits were generously donated by:
the Southern California Tribal Chairman’s Association (SCTCA)
THE GET MOVING CHALLENGE!

SELF-MOTIVATED CHALLENGE ACTIVITIES

Take a selfie, get someone to take a picture of you or take a group shot doing at least (5) of these 6 FUN self-motivated activities!

1. Hike the Pipe Spring National Monument Ridge Trail.

2. 1-Hour of scootering at KPT Skate Park.

3. 1-Hour reservation roadside clean-up *Requires adult supervision* [Pipe Spring Road or Six-mile Road] Cannot be roads inside the villages.

4. 1-Hour beautification take your yard tools and weed your yard or help weed your neighbor’s yard.

5. 1-Hour village clean-up each participant must gather 2 bags of trash around the village. Put bags in dumpster after your picture.

6. Walk, run, bike, skate 1-mile around the village
   - Eagle Mt. – 3 laps
   - Red Hills – 3 laps
   - Juniper – 3 laps
   - Kaibab Park – 2 ½ laps

****IMPORTANT****

Message or email your pictures to LeAnn lhearer@kaibabpaiute-nsn.gov or print your pictures and drop them by the office.
This is how your participation is counted and how you earn your FREE Fitbit!

*IT’S HOT OUTSIDE Early Morning or Evening Suggested*

Get the whole family moving, it’s about low impact cardio we all need to move more, why not earn a FREE Fitbit!!

Fitbits were generously donated by the Southern California Tribal Chairman’s Association (SCTCA)

Get NATIVE communities outside and moving!
COLOR OUR WORLD
ART SHOW

July 28th--10am-2pm
July 29th--10am-2pm
July 30th--5pm-8pm

Join us on July 28th and July 29th as we explore the colorful world of art. We will use different techniques, styles, mediums, and canvases to create pieces of art to display at our family art show.

All ages welcome - Lunch Provided
Kaibab Community Building

Show off your art and your skills at the Minute to Win it ART Show and BBQ at the park on July 30th.
KAIBAB NEWS
TELLING THE STORIES THAT MATTER
YOUTUBE CHANNEL PRODUCTION CAMP

WE NEED YOU!
KAIBAB YOUTH YOUTUBE CHANNEL
PRODUCTION DATES:
JULY 15TH -- 10 AM - 4 PM
JULY 16TH -- 10 AM - 4 PM
LUNCH AND SNACKS PROVIDED
AGES -- K - 12TH
KAIBAB COMMUNITY BUILDING

We are looking for news reporters, videographers, writers, artists, casting directors, screenwriters, technical directors, producers, stunt coordinators, meme generators, sound effects, and MORE! If you are interested in getting a break from your summer break, you will love working on this project!
If your banking account information has changed, please work with the Tribal Trust office BEFORE July 17, 2021 to get the correct information sent in. If there are changes that need to be made about where the Per Capita check is to be sent, work with the Tribal Trust office to get these changes taken care of BEFORE July 17, 2021.

July 17, 2021 is the last day to get all corrections done before July’s Per Capita payout. I am in the office Monday through Thursday, from 8:00 a.m. till 12:00 p.m. My email address is: vcastro@kaibabpaiute-nsn.gov. My fax number is: 888-431-3694. The mailing address is: Tribal Trust HC 65 Box 2, Fredonia, AZ 86022.
Wildlife, Fisheries and Parks Department

Do Not drink water from open springs/ponds or let your pet drink it could be fatal.

Drought conditions often increase interactions between humans and wildlife. You can prevent conflicts with wildlife by being mindful of your actions and aware of your surroundings. Consider these tips:

- Store garbage, pet food inside.
- Dispose of garbage regularly and wash out trash cans to reduce odors.
- Clean grills after each use to reduce grease and odors. If possible, store them inside a garage or building.
- Regularly clean areas under bird feeders.
- Clean up fallen or rotting fruits and vegetables in yards and gardens. Rotting fruit attracts raccoons and skunks.
- Be aware that well-watered lawns and gardens can also attract more rodents, which provide prey for snakes. In recent weeks, the number of reports of people seeing snakes in city parks have increased.
- If you encounter wandering wildlife such as cougars, deer and venomous snakes in a public-use area, contact local law enforcement officials.

Encounters with cougars are rare. But if you live in cougar habitat, there are things you can do to enhance your safety and that of friends and family. 1. When it comes to personal safety, always be aware of your surroundings, wherever you are; conduct yourself and attend to children and dependents accordingly. 2. If you encounter a cougar, make yourself appear larger, more aggressive. Open your jacket, raise your arms, and throw stones, branches, etc., without turning away. Wave raised arms slowly, and speak slowly, firmly, loudly to disrupt and discourage predatory behavior. 3. Never run past or from a cougar. This may trigger their instinct to chase. Make eye contact. Stand your ground. Pick up small children without, if possible, turning away or bending over. 4. Never bend over or crouch down. Doing so causes humans to resemble four-legged prey animals. Crouching down or bending over also makes the neck and back of the head vulnerable. 5. Try to remain standing to protect head and neck and, if attacked, fight back with whatever is at hand (without turning your back)—people have utilized rocks, jackets, garden tools, tree branches, and even bare hands to turn away cougars. 6. Do not approach a cougar. Most cougars want to avoid humans. Give a cougar the time and space to steer clear of you. 7. Supervise children, especially outdoors between dusk and dawn. Educate them about cougars and other wildlife they might encounter. 8. Always hike, backpack, and camp in wild areas with a companion. 9. Do not feed wildlife. Do not leave food outside. Both may attract cougars by attracting their natural prey. 10. Keep pets secure. Roaming pets are easy prey for cougars.

LASTLY NO FIRES OR FIRE WORKS OF ANY KIND, you could be charged for putting it out.

Any Questions contact Danny Bulletts, at 928-643-8305 or 435-689-1624.

Thank You.
The hot weather is here. For those homes with swamp coolers, remember they do not always work well when it is extremely hot. Make sure you open a window to let the air circulate, use fans, buy sun blocking curtains.

Remember for fire safety, make sure that your carport is not cluttered, keep your wood stacked away from the house. Get rid of your weeds.

We will be having pest control come on July 12, 2021.

Just a reminder, ALL garbage must be bagged. All big items that are not household garbage can be dumped off at the big dumpster behind the Early Learning Center in Kaibab Village.

ALL work orders MUST be called in, in order for maintenance to perform the work. If they are not called it will not be done. The number to call is 643-8315, Kathryn, Monday-Friday and 643-8308, Yolanda, Sunday-Saturday.

Watch out for rattlesnakes.

The next Housing Committee meeting will be June 30, 2021, at 3:00 pm. The committee is in the process of revising their policies. Once they are complete, they will be put out for public review and comment.

I’m sure by now you are all aware that if your DPW is not paid by the 20th of the month, you will be charged 5% of your bill. A notice was put in your billing envelope. Just a reminder your rental/house payments are due on the 1st, but you have until the 15th to pay, after the 15th you are considered late. For DPW your payment is due by the 20th, after the 20th you are considered late and will be charged the 5%. You will have until the 10th of the following month to pay, if not payment is made you will be shut off. Hopefully this explanation helps you.

Due to the fire restrictions, NO FIREWORKS on the reservation.

Reminder when ordering online, the street addresses for each village is:

Kaibab Village- 2230 N. Pipe Springs Rd #(your house number) Fredonia, AZ 86022

Juniper Village – 1750 N. Pipe Springs Rd #(your house number) Fredonia, AZ 86022

Red Hills Village – 250 N. Pipe Springs Rd #(your house number) Fredonia, AZ 86022

Steamboat Village- #(your house number)
Steamboat Village Fredonia, AZ 86022.

Some people have not been using the correct house number and it is confusing FedEx and UPS.

Be safe.

It's
SUMMER
Time
Pest Control

July 12, 2021
Starting at 8am

ALL rental units, inside and outside will be sprayed.

All MH/homeowners contact our office if interested, 643-8308 or 8315, the cost is $48.00

The next pest control will be September, 2021
Home Characteristics and Asthma Triggers

Checklist for Home Visitors

Using this Home Assessment Can Help Make Homes Healthier.

A trained home visitor can help find common asthma triggers in homes and discuss ways to reduce and remove triggers. Removing asthma triggers in the home, along with proper medical care can improve health.

The checklist is organized into a Core Assessment plus two appendices (Dust Mite Module and Mold and Moisture Module). The Core Assessment can be used for all types of housing and climates, but the additional modules can be used if dust mites or mold/moisture issues are suspected by the trained home visitor. The suggested action items in this checklist are generally simple and low cost.

Glossary of Asthma Triggers Commonly Found in Homes

**Combustion by-products**
- **Triggers:** Particles and gases that are formed when fuel is burned.
- **Where Found:** Gas cooking appliances, fireplaces, woodstoves, candles, incense, cigarettes, and unvented kerosene and gas space heaters.

**Dust Mites**
- **Triggers:** Body parts and droppings.
- **Where Found:** Mattresses, bedding, carpeting, curtains, upholstered furniture, and stuffed toys. Dust mites are too small to be seen with the naked eye. They can survive in a range of climates, but they prefer high humidity.

**Mold**
- **Triggers:** Mold spores, fragments, and odors.
- **Where Found:** Indoor mold growth is often found in areas with more moisture such as kitchens, bathrooms, and basements, or areas where water damage has occurred. There are many types of mold and they can be found in any climate.

**Pests**
- **Triggers:** Cockroaches—Body parts and droppings. Rodents—Fur, skin flakes, and urine.
- **Where Found:** Areas with food and water such as kitchens, bathrooms, and basements.

**Pets with fur**
- **Triggers:** Fur, skin flakes, and saliva.
- **Where Found:** Throughout entire home.

**Secondhand Smoke**
- **Triggers:** Mix of smoke from the burning end of a cigarette, pipe, or cigar and the smoke exhaled by a smoker.
- **Where Found:** Anywhere that smoking is allowed.

**Volatile organic compounds (VOCs)**
- **Triggers:** Chemical vapors that come from household items.
- **Where Found:** Products such as cleaning agents, deodorizers, air fresheners, perfumes, paints, nail polish, and nail polish remover.
### Building Information

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are your living quarters in a:</td>
<td></td>
</tr>
<tr>
<td>- One-unit building, detached from any other building?</td>
<td>- If you live in a rental home, you might need to ask permission to make any changes, even minor repairs to the home. Renters often are protected under tenant's rights laws. Contact local social services agencies if you need their help.</td>
</tr>
<tr>
<td>- One-unit building, attached to one or more buildings?</td>
<td></td>
</tr>
<tr>
<td>- Building with two or more apartments?</td>
<td></td>
</tr>
<tr>
<td>- Manufactured/Mobile Home?</td>
<td></td>
</tr>
<tr>
<td>Is your home:</td>
<td></td>
</tr>
<tr>
<td>- Owned?</td>
<td></td>
</tr>
<tr>
<td>- Rented?</td>
<td></td>
</tr>
<tr>
<td>- Occupied without payment of rent?</td>
<td></td>
</tr>
<tr>
<td>How many stories are there in your home including attics and basements?</td>
<td>No. of Stories: __________</td>
</tr>
</tbody>
</table>

### Home Interior

**HEATING and COOLING**

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>During the winter, what is the primary way your home is heated?</td>
<td>- Properly ventilate the room where a fuel-burning appliance is used and consider using appliances that vent to the outside whenever possible.</td>
</tr>
<tr>
<td>- Radiators</td>
<td>- Never use a gas-cooking appliance as a heating source.</td>
</tr>
<tr>
<td>- Baseboard heater</td>
<td>- If using a fireplace, make sure it is properly vented to help ensure smoke escapes through the chimney.</td>
</tr>
<tr>
<td>- Forced hot air (vents)</td>
<td>- If using a wood-burning stove, make sure that doors are tight-fitting. Use aged or cured wood only and follow the manufacturer's instructions for starting, stoking, and putting out the fire.</td>
</tr>
<tr>
<td>- Space heater</td>
<td>- If using an unvented kerosene or gas space heater, follow the manufacturer's instructions for proper fuel to use and keep the heater properly adjusted.</td>
</tr>
<tr>
<td>- Fireplace/wood-burning stove</td>
<td></td>
</tr>
<tr>
<td>- Other: __________</td>
<td></td>
</tr>
<tr>
<td>- N/A</td>
<td></td>
</tr>
<tr>
<td>In addition to the main source of heat, do you use any other source(s)?</td>
<td></td>
</tr>
<tr>
<td>- Radiators</td>
<td></td>
</tr>
<tr>
<td>- Baseboard heater</td>
<td></td>
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<tr>
<td>- Forced hot air (vents)</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>- Fireplace/wood-burning stove</td>
<td></td>
</tr>
<tr>
<td>- Other: __________</td>
<td></td>
</tr>
<tr>
<td>- N/A</td>
<td></td>
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</tbody>
</table>
## HEATING and COOLING

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How do you cool your home?</strong></td>
<td><strong>Central A/C units</strong></td>
</tr>
<tr>
<td>(check all that apply)</td>
<td>- Replace the filters every 3 months or as recommended by the manufacturer.</td>
</tr>
<tr>
<td>□ Central A/C</td>
<td>- Use filters with higher efficiency than standard furnace filters, such as upgraded pleated filters, if heating or cooling system manufacturer's specifications allow.</td>
</tr>
<tr>
<td>□ Window A/C (or portable free-standing unit)</td>
<td>- The Heating Ventilation and Air Conditioning (HVAC) system should have a professional inspection annually.</td>
</tr>
<tr>
<td>□ Fans</td>
<td>- Promptly repair damaged parts.</td>
</tr>
<tr>
<td>□ Evaporative cooler</td>
<td><strong>Window A/C units</strong></td>
</tr>
<tr>
<td>□ Other: ____________________</td>
<td>- Keep drip pans clean and the drain lines flowing properly.</td>
</tr>
<tr>
<td>□ N/A</td>
<td>- Follow the manufacturer's instructions for cleaning or replacing filters.</td>
</tr>
</tbody>
</table>

### Evaporative coolers (often used in very dry climates)
- Follow the manufacturer's instructions for cleaning.

## COOKING

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What type of stove do you have?</strong></td>
<td><strong>Do you use an exhaust fan when cooking on your stove?</strong></td>
</tr>
<tr>
<td>□ Gas</td>
<td>- Use your exhaust fan (if it exhausts to the outside) or open a window when cooking.</td>
</tr>
<tr>
<td>□ Electric</td>
<td>□ Yes</td>
</tr>
<tr>
<td>□ N/A</td>
<td>□ No</td>
</tr>
<tr>
<td></td>
<td>□ N/A</td>
</tr>
<tr>
<td><strong>Does the fan exhaust to the outside?</strong></td>
<td></td>
</tr>
<tr>
<td>□ Yes</td>
<td>□ No</td>
</tr>
<tr>
<td>□ N/A</td>
<td>□ Don't know</td>
</tr>
</tbody>
</table>

## SMOKING

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Do any members of your household smoke tobacco inside your home?</strong></td>
<td><strong>Do any visitors to your household smoke tobacco inside your home?</strong></td>
</tr>
<tr>
<td>□ Yes</td>
<td>□ Yes</td>
</tr>
<tr>
<td>□ No</td>
<td>□ No</td>
</tr>
<tr>
<td></td>
<td>- Make your home a smoke-free zone.</td>
</tr>
<tr>
<td></td>
<td>- Encourage household member(s) to stop smoking.</td>
</tr>
</tbody>
</table>

**Regarding eCigarettes:** eCigarette vapor can still contain toxic chemicals. Secondhand vapor might be a risk factor for triggering asthma symptoms.
# Core Assessment (continued)

## SMOKING

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
</table>
| In the last 12 months, how often has secondhand tobacco smoke entered inside your home from somewhere else in or around the building? | - Work with the building owner/manager and other occupants to start a smoke-free policy throughout the building.  
- Use a portable air cleaner that is rated to remove tobacco smoke. |
| □ Daily                                                          |                        |
| □ Weekly                                                         |                        |
| □ Monthly                                                       |                        |
| □ A few times a year                                            |                        |
| □ Never                                                         |                        |

## PETS

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have any pets in your home?</td>
<td></td>
</tr>
<tr>
<td>□ Yes</td>
<td></td>
</tr>
<tr>
<td>□ No</td>
<td></td>
</tr>
</tbody>
</table>

If Yes, please check all that apply:
- Cat(s)
- Dog(s)
- Bird(s)
- Other furry pets (e.g., rabbits, guinea pigs, hamsters, mice)
- Other non-furry pets

Talk to your healthcare provider to see if testing for allergy to your pets might be helpful for you.
- If you are allergic to pets, the best way to decrease asthma symptoms is to remove the pet from the home and thoroughly clean all surfaces in the home.
- If you are allergic, and cannot remove the pet from your home, you can decrease exposure, but it might not be enough to decrease symptoms.
  - Keep pets out of your bedroom,
  - Wash your furry pets,
  - Use an air cleaner with HEPA filter,
  - Use allergen-proof mattress & pillow covers.

## PESTS

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the last 12 months, have you seen cockroaches inside your home?</td>
<td>Use integrated pest management (IPM) described below. For those with asthma, especially avoid the use of sprays and foggers.</td>
</tr>
</tbody>
</table>
| □ Yes                                                             | IPM concepts include:  
- Keep counters, sinks, tables, and floors clean and free of clutter.  
- Clean dishes, crumbs, and spills right away.  
- Store food in airtight containers. This also applies to pet food.  
- Seal cracks or openings in cabinets, walls, baseboards, and around plumbing.  
- Keep trash in a closed container.  
- Use pesticide baits and traps in areas away from children and pets. Follow manufacturer’s instructions for correct use.|
| □ No                                                              |                        |
| □ Don’t know                                                      |                        |
### PESTS

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>If Yes, in the last 12 months, how often have you seen cockroaches inside your home?</strong></td>
<td></td>
</tr>
<tr>
<td>□ Daily</td>
<td>• Use integrated pest management (IPM) described above.</td>
</tr>
<tr>
<td>□ Weekly</td>
<td></td>
</tr>
<tr>
<td>□ Monthly</td>
<td></td>
</tr>
<tr>
<td>□ A few times a year</td>
<td></td>
</tr>
<tr>
<td><strong>In the last 12 months, have you or an exterminator used any pest control measures (pesticides, traps, etc.) to control cockroaches in your home?</strong></td>
<td></td>
</tr>
<tr>
<td>□ Yes</td>
<td></td>
</tr>
<tr>
<td>□ No</td>
<td></td>
</tr>
<tr>
<td>□ Don’t know</td>
<td></td>
</tr>
<tr>
<td><strong>In the last 12 months, have you or an exterminator used any pest control measures (pesticides, traps, etc.) to control other insects in your home?</strong></td>
<td></td>
</tr>
<tr>
<td>□ Yes</td>
<td>• Use IPM methods as described above.</td>
</tr>
<tr>
<td>□ No</td>
<td>• Use snap traps in areas away from children and pets.</td>
</tr>
<tr>
<td>□ Don’t know</td>
<td></td>
</tr>
<tr>
<td><strong>In the last 12 months, have you seen evidence of mice or rats inside your home?</strong></td>
<td></td>
</tr>
<tr>
<td>□ Yes</td>
<td></td>
</tr>
<tr>
<td>□ No</td>
<td></td>
</tr>
<tr>
<td>□ Don’t know</td>
<td></td>
</tr>
<tr>
<td><strong>If Yes, in the last 12 months, how often have you seen evidence of mice or rats inside your home?</strong></td>
<td></td>
</tr>
<tr>
<td>□ Daily</td>
<td></td>
</tr>
<tr>
<td>□ Weekly</td>
<td></td>
</tr>
<tr>
<td>□ Monthly</td>
<td></td>
</tr>
<tr>
<td>□ A few times a year</td>
<td></td>
</tr>
<tr>
<td><strong>In the last 12 months, have you or an exterminator used any pest control measures (pesticides, traps, etc.) to control mice or rats in your home?</strong></td>
<td></td>
</tr>
<tr>
<td>□ Yes</td>
<td></td>
</tr>
<tr>
<td>□ No</td>
<td></td>
</tr>
<tr>
<td>□ Don’t know</td>
<td></td>
</tr>
</tbody>
</table>
# Core Assessment (continued)

## MOISTURE and MOLD

<table>
<thead>
<tr>
<th>Checklist Questions</th>
<th>Potential Action Steps</th>
</tr>
</thead>
</table>
| **Is there evidence of water damage, moisture, or leaks (such as damp carpet or leaky plumbing)?** | - Dry damp or wet items within 24-48 hours to avoid mold growth.  
- Fix water leaks (such as leaky plumbing) as soon as possible.  
- Replace absorbent materials, such as ceiling tiles and carpet, if mold is present.  
- Use air conditioner or dehumidifier to maintain low indoor humidity.  
- Scrub mold off hard surfaces with detergent and water. Dry completely.  
- Empty and clean refrigerator and air conditioner drip pans regularly.  
- Run the bathroom exhaust fan or open the window when showering. |
| Yes                                                                                 | Don't know                                                                                                                                                                                                            |
| No                                                                                  |                                                                                                                                                                                                                      |
| **In the last 12 months, how often have you noticed any moldy/musty smells inside your home?** |                                                                                                                                                                                                                      |
| Daily                                                                               |                                                                                                                                                                                                                      |
| Weekly                                                                              |                                                                                                                                                                                                                      |
| Monthly                                                                             |                                                                                                                                                                                                                      |
| A few times a year                                                                  |                                                                                                                                                                                                                      |
| **In the last 12 months, was there mold covering an area greater than or equal to the size of an 8” x 11” piece of paper in your home?** |                                                                                                                                                                                                                      |
| Yes                                                                                 | Don't know                                                                                                                                                                                                            |
| No                                                                                  |                                                                                                                                                                                                                      |
| **Do you use a dehumidifier?**                                                       |                                                                                                                                                                                                                      |
| Yes                                                                                 | N/A                                                                                                                                                                                                                   |
| No                                                                                  |                                                                                                                                                                                                                      |
| **Do you use a humidifier?**                                                         |                                                                                                                                                                                                                      |
| Yes                                                                                 | N/A                                                                                                                                                                                                                   |
| No                                                                                  |                                                                                                                                                                                                                      |
Core Assessment (continued)

Key Points

Volatile organic compounds (VOCs): These chemicals are commonly found in cleaning products, perfumes, paints, and other household items. They can be harmful to all people with asthma.

- Limit exposure as much as possible by minimizing product use, using products only when person with asthma is not present, or trying alternative products.
- If products are used, carefully follow manufacturer's instructions on the label and make sure the area is well-ventilated.

Other safety hazards: Smoke and carbon monoxide can be deadly.

- Use smoke detectors and carbon monoxide alarms in the home. Follow manufacturer's instructions. For more information, go to www.nfpa.org/public-education/resources/safety-tip-sheets*

Outdoor air: Outdoor air pollutants and pollen can trigger asthma.

- Air pollutants and pollen can enter homes through open doors, windows, and other cracks or openings in the building.
- For current information about outdoor air quality, go to www.epa.gov/airnow

*The Centers for Disease Control and Prevention (CDC), the US Environmental Protection Agency (EPA) and the US Department of Housing and Urban Development (HUD) do not endorse the National Fire Protection Association. The National Fire Protection Association's website is suggested for informational purposes only.

Other Resources About Asthma

CDC: www.cdc.gov/asthma/triggers.html
EPA: www.epa.gov/asthma/asthma-triggers-gain-control
HUD: www.hud.gov/program_offices/healthy_homes/healthyhomes/asthma

Summary Notes:

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### DUST MITE MODULE

Answers in the red checkboxes (the first column) are associated with dust mites. The more checkmarks you have in the red column, the more likely you have high dust mite levels in your home. You can take actions shown at the end of this list.

#### Building

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are all your windows sealed shut or don’t open?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is any part of your living area below ground level?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If YES, does this area ever get wet or stay wet for long periods (more than 1 week)?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Heating, Ventilation, and Cooling

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>N/A (no A/C)</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>During winter, are some outside walls cold?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your air conditioner ever leak water onto walls or carpeting?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your home sometimes smell “stuffy,” “stale,” or “mousy?”</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Bedroom Characteristics of Person with Asthma

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have upholstered furniture in the bedroom of the person with asthma?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you allow children to have stuffed animals/toys in the room?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Dust Reservoirs (overall home)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have cloth sofa or chairs?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have cloth curtains?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can you see dust or dirt on your furniture, walls, ceiling, and curtains?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have wall-to-wall carpeting in more than half of the rooms in your home?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have wall-to-wall carpeting in your kitchen or bathrooms?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you vacuum less than once a week?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Dampness

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the last 12 months, have you noticed condensation on windows in your home?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If YES, does moisture regularly build-up on your windows/walls?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the last 12 months, have you had any water leaks?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you use a dehumidifier regularly?*</td>
<td></td>
<td></td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Regular use of dehumidifiers may suggest that a home is humid (dust mites prefer humid environments).
Dust Mite Module (continued)

Action Steps to Decrease Dust Mites

Talk to your healthcare provider to see if testing for dust mite allergy might be helpful for you.

If you are allergic to dust mites, you need to:

- Use a device to measure relative humidity in your home. Keep relative humidity levels in your home around 30–50%.
- Cover mattresses and pillows in special allergen-proof covers. Clean these according to manufacturer’s instructions.
- Use washable bedding.
- Wash bedding weekly and dry completely.
- Vacuum carpets, area rugs, and floors regularly. If possible, the person with asthma should stay out of rooms while they are vacuumed, swept, or dusted.

Summary Notes:
# MOLD AND MOISTURE MODULE

Answers in a **red checkbox** (first column) are associated with moisture and potentially mold. A **yellow checkbox** (second column) indicates medium potential for concern, and a **green checkbox** (third column) indicates low potential for concern. The more checkmarks you have in **red checkboxes**, the more likely it is that you have moisture and mold in your home. You can take actions shown at the end of this list.

## Building

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there a crawlspace under the building?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are any of the bedrooms in the basement</td>
<td>Yes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** Many crawl spaces and basements are damp and may have mold that can enter the home.

## Heating, Ventilation and Cooling

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the bathroom where you shower or bathe, does the exhaust fan work?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If YES, how frequently do you use it when showering or bathing?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your kitchen vent exhaust outdoors?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your clothes dryer exhaust outdoors?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** Properly maintained exhaust fans that vent to the outdoors can reduce humidity levels. If there are no exhaust fans or the exhaust fans do not work or do not vent outside, high humidity can develop in the home and can lead to mold growth.

## Carpet

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have wall-to-wall carpeting in your kitchen or bathrooms?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What kind of floor covering is in the bedroom?</td>
<td>Wall-to-wall carpeting</td>
<td>Some carpeting</td>
</tr>
</tbody>
</table>

**NOTE:** Carpeting in areas that are prone to water spills can be hard to dry. Damp carpeting can lead to mold growth and create a place where dust mites can thrive.

## Dampness

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the last 12 months, have you noticed condensation on windows in your home?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have any of your furnishings, clothes, possessions been in a building that had water damage?</td>
<td>Yes</td>
<td>Don't know</td>
</tr>
</tbody>
</table>

**NOTE:** Condensation (water droplets) on windows is a sign that moisture you may not see is forming on other surfaces. Even though you can't see this moisture, it can lead to mold growth. Anything that was water-damaged could have mold. Bringing those items into a new home could lead to more mold in the new home.
Mold and Moisture Module (continued)

Action Steps to Decrease Moisture and Mold

- Dry damp or wet items within 24-48 hours.
- Fix water leaks (such as leaky plumbing) as soon as possible.
- Replace absorbent materials, such as ceiling tiles and carpet, if mold is present.
- Use an air conditioner or a dehumidifier to maintain 30-50% relative humidity indoors.
- Scrub mold off hard surfaces with detergent and water. Dry completely.
- Empty and clean refrigerator and air conditioner drip pans regularly.
- Use the bathroom exhaust fan or open the window when showering.

Summary Notes:

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