



Asthma-Safe Classrooms: Quick Checklist for Early Learning Centers

Why It Matters

Asthma is one of the most common chronic conditions among young children, affecting nearly 1 in 12 in the U.S.

	Use fragrance-free, asthma-safe cleaning products.	Look for third-party certifications like Green Seal or EPA Safer Choice, and avoid bleach and strongly scented products.
	Vacuum with a HEPA filter and dust surfaces weekly.	Focus on areas with soft furnishings like carpets, rugs, and stuffed toys.
	Fix leaks and clean up spills immediately.	Moisture leads to mold, a common asthma trigger.
	Seal cracks and store food properly.	Keep cockroaches, mice, and other pests out of learning spaces.
	Ensure good ventilation.	Open windows when air quality is safe or use an air purifier with a HEPA filter.
	Avoid air fresheners, incense, and sprays.	These can emit volatile organic compounds (VOCs) that worsen asthma.
	Minimize stuffed toys and washable soft items.	Clean these regularly to reduce dust mites and allergens.
	Post no-smoking and no-idling signs.	Ensure cars and buses do not idle near entrances or play areas.

Did you Know?

- Asthma is the leading cause of missed school days from chronic illness
- Poor indoor air quality can increase asthma symptoms, colds, and RSV