



ASTHMA COALITION OF GREATER LOWELL NEWSLETTER- SPRING 2017

Asthma Coalition of Greater Lowell: Spring 2017

Attend our monthly meetings!

*Next scheduled meeting: Tuesday June 27, 2017 9:30-11:00am
LCHC, Metta Health Center Conference Room, 135 Jackson Street, Lowell.*

**SPRING
CLEANING**

Environmental Working Group - For Safe Cleaning Products

Ranks over 2,000 household cleaning products.

The cleaning products in your home may have hazardous chemicals. Many brands make it difficult, if not impossible, for consumers to learn what ingredients are in them. These products commonly contain chemicals that can cause reproductive problems, exacerbate asthma, burn or irritate your skin and harm the environment. Some have even been linked to cancer. Check out their [website!](#)

(Source/for more info, visit: <http://www.ewg.org/guides/cleaners>)



Asthma Coalition of Greater Lowell: Phone: 978-934-4682

Twitter: <https://twitter.com/ACGreaterLowell>

Facebook: <https://www.facebook.com/Asthma-Coalition-of-Greater-Lowell-1103386906444845/>

Web: www.greaterlowellhealthalliance.org/health-priorities/other-health-priorities/respiratory-diseases-2/

Many resources available about asthma: [American Lung Association](#), [Noattacks.org](#), [Environmental Protection Agency \(EPA\)](#), [Asthma and Allergy Foundation of America New England Chapter](#), [Allergy and Asthma Network Mothers of Asthmatics](#), [American Academy of Allergy, Asthma, and Immunology](#), [Asthma Action America](#), [New England Asthma Regional Council \(ARC\)](#) For statistics on asthma and other environmental issues in Massachusetts, visit the [Massachusetts Environmental Public Health Tracking website](#).

Other sources: www.makesmokinghistory.org

Common Seasonal Allergen Triggers

If you sneeze and cough, or your nose and eyes itch and are runny during certain times of the year, you may have seasonal allergies. Grass, pollen and mold are the most common triggers of seasonal allergies. Sign up for expert tips, news, and offers from the [American College of Allergy, Asthma, and Immunology](http://www.acaai.org/allergies/seasonal-allergies).

(Source/for more info, visit: <http://acaai.org/allergies/seasonal-allergies>)



Spring Cleaning Tips- Made Easy

- Buy non-toxic cleaning materials.
- Use a vacuum with a HEPA air filter
- Open the windows! Allow fresh air in the house to get rid of odors and ventilate naturally.
- Make sure to change your HEPA Air filter as per standard recommended timing. Using a HEPA filter in your home can remove most airborne particles that might make allergies worse
- Cigarette smoke, harsh cleaning products, hairspray, and other materials that give off fumes can all make your sinus, asthma or allergy problems worse.



Green Spring Recipes

Here are some allergen-safe, and chemical-free cleaning products that you can conveniently make at home.

Tub & Tile cleaner

Mix 1 2/3 cups baking soda, 1/2 cup liquid soap and 1/2 cup water. Mix thoroughly then add 2 tablespoons white vinegar. Apply immediately, scrub, and wipe. For a mild scrub, just blend baking soda and plant-based liquid soap to your preferred consistency.



Furniture Polish

Apply a 1:1 blend of olive oil and white vinegar, and polish with a soft cloth.

Glass & window cleaner:

Combine a 1:1 mixture of water and white vinegar in a spray bottle. (To remove the waxy build-up left behind by conventional glass cleaners, add 1/2 teaspoon of liquid soap to 1 cup each of water and white vinegar.)

(Source: Various web pages. More spring cleaning tips can be found at:

<http://www.vdh.virginia.gov/content/uploads/sites/119/2017/02/Healthy-Home-Spring-Cleaning-Tips.pdf>

Please check out our [Twitter](#) and [Facebook](#) pages.

For more information on the Coalition's meetings, activities and membership, please contact:

Dr. David Turcotte -David_Turcotte@uml.edu or Mr. Bishan Wagle- Bishan_Wagle@student.uml.edu



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