

## Where Does the Dust Hide?

This group discussion encourages kids to think about where dust can be hiding around the home and what they can do about it.

### Materials

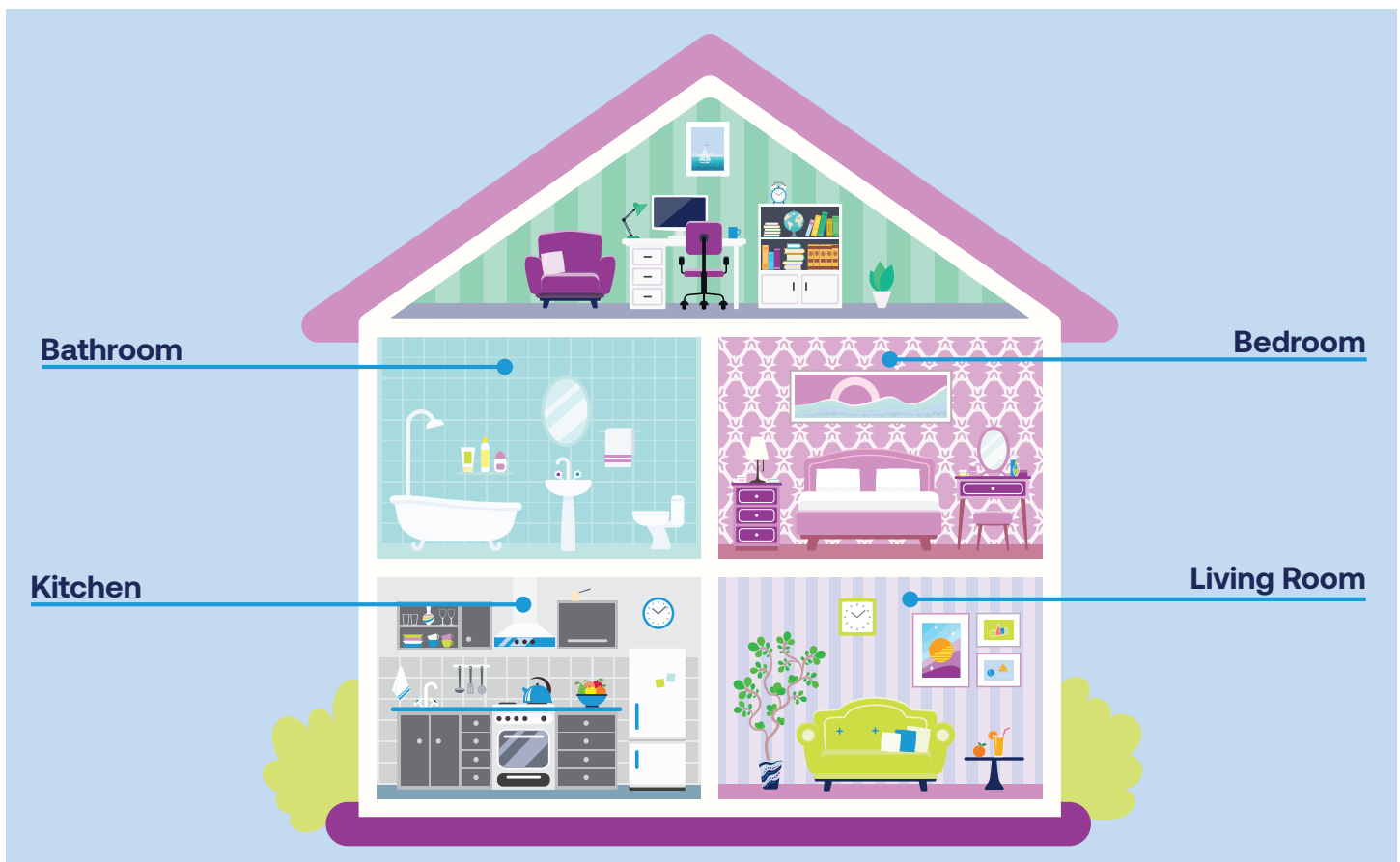
- Printout of picture, or projector to show on screen

### Initial Discussion with Kids

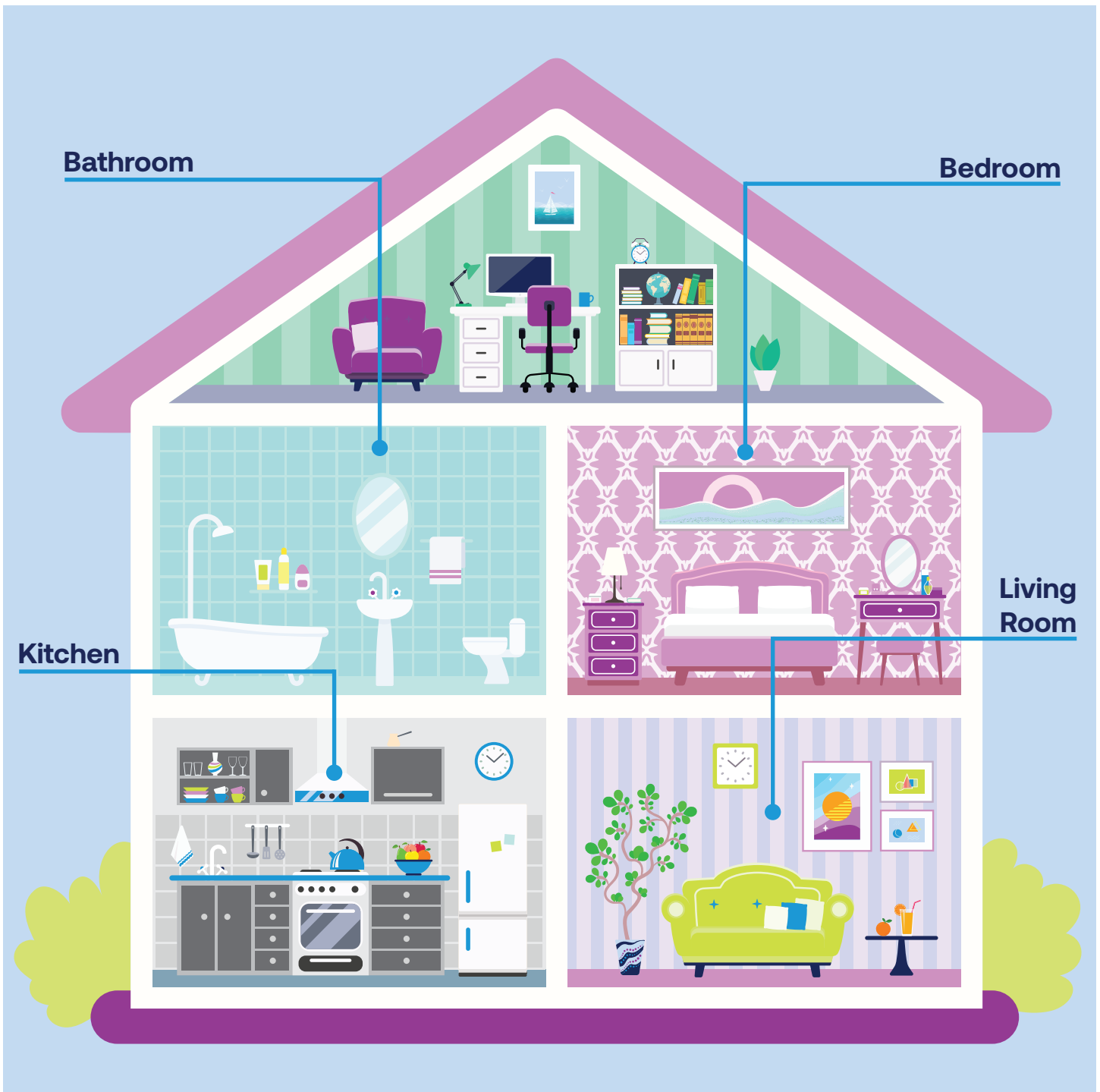
You may not know it, but dust can be hiding in many places around the house. Dust can be made up of lots of things like dead skin cells, pollen from plants and trees, dirt, and even tiny pieces of bugs! We all create dust and can make dust worse—the more time we spend indoors, the more dust there is. Dust can be a nuisance, but it can also cause breathing problems—especially for people who already have breathing problems like asthma. Sometimes you can see the dust, but not always.

### Activity

Discuss where dust may be hiding in each of these rooms in the house.



## Where Does the Dust Hide?



## Where Does the Dust Hide?

### Answer Key

- **Bedroom:** Window blinds, top of air conditioning unit, behind the bed, top of night table or dresser, back of your closet, bedding, carpet
- **Bathroom:** Underneath the sink, behind the toilet, on top of light fixtures, on top of the mirror, exhaust fan covers, rugs
- **Living Room:** Bookshelf, crown molding, door frames, picture frames, under the couch, window ledges, air vent covers
- **Kitchen:** Top and bottom of refrigerator, behind the stove, top of microwave, behind dry good containers, on shelves

### Discussion Questions

- How does dust pollute the indoor air?
- What can dust do to us if we breathe it in?
- What are some things that you can do to get rid of the dust in your home?

### Discussion Points

Dust can be found in nearly all places. Sometimes you can see dust, like when you see it on a bookshelf or other hard surface, but sometimes you can't see it, like when it is in the carpet, bedding, or other fabric.

Breathing in dust can sometimes make us sneeze, cough, or cause our eyes to water. For people with allergies and breathing problems like asthma, dust can make breathing more difficult. Sometimes dust contains really bad ingredients like heavy metals (lead and arsenic), chemicals and mold.

It's important to regularly clean and dust around your home, which can improve the air we breathe. But, we should use special cleaning techniques to make sure we aren't making our air every more dusty. Here's how we can clean up dust:

- **Damp dust:** Use a slightly damp cloth or duster that can trap and lock in dust to reduce the amount that is stirred up when cleaning. Locate the areas around your home that get really dusty, such as baseboards, molding, blinds and shelves.
- Vacuum weekly with a HEPA vacuum to remove dust from the carpet and floors.
- Wash sheets and bedding on hot water weekly.