

Health and Safety

Bingo

Let's play!



ASPR
ASSISTANT SECRETARY FOR
PREPAREDNESS AND RESPONSE

Instructions for participants

1. All participants can enter the bingo game online using the following links:

- [Health and Safety Bingo for Kids](#)
- [Health and Safety Bingo for Youth and Adults](#)
- [Health and Safety Bingo for Seniors](#)

2. After entering the link and generating your board, the instructions in English for the game will appear.

This box reads:

This is your own unique bingo card.
a) Click a box to mark it
b) Click a box again to unmark it
c) If you are playing this game over multiple days, bookmark this page (or email the URL to yourself), so you can get back to this card

3. Each drawing is connected to a disease, prevention or health promotion theme. We will discuss the steps for disease prevention and health promotion over the course of the game.
4. When one of the participants covers an entire line on their board either vertically, horizontally or diagonally, they can chant "BINGO" to announce that they won the game.
5. To play again, you can press the three bars in the lower right corner of the screen to access the options menu and select "new" or re-enter the link and generate a new BINGO board.

Instructions for the facilitator

1. Participants can enter the BINGO game online using the following links:

- [Health and Safety Bingo for Kids](#)
- [Health and Safety Bingo for Youth and Adults](#)
- [Health and Safety Bingo for Seniors](#)

* There is no limit to how many people can play or how many times the link can be used.

2. Once the participants access the link, the facilitator must explain the instructions that the game produces automatically. The following instructions will appear in English:

This is your own unique bingo card.
a) Click a box to mark it.
b) Click the box again to unmark it.
c) If you are playing this game during multiple days, bookmark this page (or email the URL to yourself), so you can get back to this card.

3. The facilitator should mention that each drawing is connected to a topic of disease prevention or health promotion that will be discussed while playing.

4. The facilitator reads the questions in any order. It is recommended to allow a short space for participants to share their answers.

5. The facilitator can not ask all the question in just one game, since all the boards have the same images. Te facilitator should limit the questions per round to a maximum of:

- 10 questions for Bingo for children and seniors
- 15 questions for Adult Bingo
- It is estimated that some player should be able to sing BINGO within that number

of questions.

6. The first participant to cover an entire line on their board and sing "BINGO" will win the game.
7. To play again, you can press the three bars in the lower right corner of the screen to access the options menu and select "new" or re-enter the link and generate a new BINGO board.
8. This activity is a good opportunity to do an impact survey. At the end of the game, facilitators can collect information on the number of participants, age group, municipality, participants' opinion, or any other indicator relevant to their institution. These types of surveys can be created with Microsoft Forms or using free platforms available on the internet.



Q&A Guide

Health and Safety Bingo for Kids

1. **If you have asthma, always carry this with you when playing, dancing, playing sports, or going to school.**

- **Answer:** Inhaler

Discussion: The advantage of having a quick-acting inhaler always with you is that it's easy to use and you don't have to rely on electricity, as in the case of nebulizers or therapy machine. In addition, the inhaler is easy to use and small enough to take anywhere. Remember: your health always comes first.

2. **You should eat them every day to stay strong and healthy**

- **Answer:** Vegetables

Discussion Remember, it is very important to have a varied diet so that you can grow healthy. Always eat fruits and vegetables as part of your daily diet.

3. **This person helps your family stay healthy by checking your eyes, ears, and lungs at least once a year.**

- **Answer:** Doctor

Discussion: It is always recommended that you visit your primary care physician to check your health frequently. This way you can **prevent** health conditions or discover them in time to manage them early.

4. **You should do this when you cough or sneeze so germs don't make your friends sick.**

- **Answer:** Cover your mouth with your elbow part (You should not sneeze or cough into your hands)

Discussion: If you touch or sneeze into your elbow you can avoid transmitting

diseases to your friends, family and other people. It is better than coughing on your hands, because with your hands you do all your daily tasks such as playing, greeting your friends, eating food, among many other things.

5. Sit on this site all the way and you'll be safe

- **Answer:** Protective seat, "Car seat"

Discussion: To be safe in the car remember that you must be sitting in a protective seat. You don't know when you could have a car accident and it's important that you are protected in the event of any emergency.

6. If you have asthma, talk to your parents about where in your home this family member should be.

- **Answer:** Cat, dog or any other pet.

Discussion: You know that in some cases the hair of your pets can cause allergies and respiratory problems, therefore, it is advisable to have designated areas in which your pets can be and others in which they may not. For example, they should preferably not be in the rooms where you sleep.

7. If you have asthma, ask your doctor to watch you when you're taking your medication to give you suggestions and make sure you're doing it right.

- **Answer:** Therapy machine

Discussion: It is always important to use these therapy equipment properly for treatment to be effective and productive.

8. The smoke from this damages your lungs and makes it hard to breathe.

- **Answer:** Cigarette

Discussion: Carbon monoxide is harmful to humans and cigarette smoke worsens respiratory conditions. Asthma is no exception, it is scientifically proven that cigarette smoke is harmful to health since it greatly affects the airways and

lungs.

9. You should not play with this so that you do not get burned

- **Answer:** Lit candles

Discussion: It can be a risk because it can cause a fire or burns if not handled properly. If it's a strong-smelling candle and you feel like you have asthma symptoms, you can inform your parents so they can take action.

10. You should do it before eating and after going to the bathroom

- **Answer:** Wash your hands

Discussion It is important to wash your hands to have good personal hygiene, avoid illness, and keep your hands clean for better overall health standards.

11. Fastening it will keep you safe

- **Answer:** Seat belt

Discussion: While in a motor vehicle you should always put on your seat belt fastened to ensure everyone's safety inside the vehicle.

12. You should use it whenever you run a bicycle to protect your head

- **Answer:** Protective helmet

Discussion: Using a helmet is one of the most important safety measures to protect your head in case of a fall or accident.

13. If you do it every day you will have fun and stay healthy

- **Answer:** Running or exercising

Discussion: Exercising is always a way to stay healthy and active. It promotes a better lifestyle, it is a way to release energy and reduce anxiety. Plus, it's a way to share with your friends and peers.

14. When you see this symbol you can cross the street

- **Answer:** Pedestrian sign on the road

Discussion: It is important to follow the safety rules of the roads. This sign tells you that it is safe to cross a road. You can never forget to look both sides of the road before crossing and be aware of where you walk.

15. What is the name of this game?

- **Answer:** BINGO for Health and Safety for Children.

BINGO








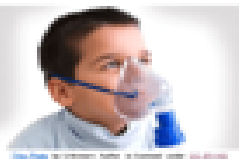

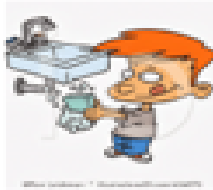




Bingo de Salud y Seguridad para Niños

A

B

C

D

<p>Gratis</p>	 <p><small>¡No olvidar el cinturón de seguridad al montar en bicicleta! (CCL, BSA, SA)</small></p>	<p>NIÑOS</p> <p>BINGO</p> <p>(¡VAMOS A JUGAR!)</p>	 <p><small>¡No olvidar el semáforo al caminar!</small></p>
 <p><small>¡No olvidar el cinturón de seguridad al viajar en automóvil!</small></p>	 <p><small>¡No olvidar el calendario de vacunación!</small></p>	 <p><small>¡No olvidar las visitas médicas regulares!</small></p>	 <p><small>¡No olvidar el cinturón de seguridad al viajar en automóvil!</small></p>
 <p><small>¡No olvidar el ejercicio físico!</small></p>	 <p><small>¡No olvidar el tratamiento médico con el nebulizador!</small></p>	 <p><small>¡No olvidar el fuego!</small></p>	 <p><small>¡No olvidar el lavado de manos con agua y jabón!</small></p>
 <p><small>¡No olvidar el tabaquismo!</small></p>	 <p><small>¡No olvidar el uso de la mano dominante!</small></p>	 <p><small>¡No olvidar el consumo de frutas y verduras!</small></p>	 <p><small>¡No olvidar el cuidado de los animales!</small></p>

Q&A Guide

Health and Safety Bingo for Youth and Adults

1. Which family member should not enter the room of a child with asthma?

- **Answer:** Pets

Discussion: Pets have fur, which lodges in bed and can affect the child's respiratory system. It is important for the whole family to understand that their pet has its place to sleep, which is different from where humans sleep. Pets play a significant role on everyone's emotional health in the home. It's important to explain everyone why pets should not be allowed inside the child's room.

2. Asthma control medications are for routine use and rescue. This device should be used with the inhaler so the medication is better administered.

- **Answer:** Spacer

Discussion: It is recommended to use a spacer chamber with the inhaler to ensure that the medication is administered correctly. A spacer is a plastic tube that has a mouthpiece at one end and an asthma inhaler attached to the other end. The spacer concentrates the medication in a tube to prevent it from escaping into the air and provides more time to inhale the medication, which means the medication can enter the lungs more effectively. It is important to ask your doctor to explain the correct way to use this device.

3. It causes asthma and although in Puerto Rico it is seen all year round, there are a few months where its concentration is higher

- **Answer:** Pollen and spores

Discussion: In Puerto Rico plants bloom all year round; you must consider the

times when pollen and spores are at their highest level. According to studies conducted by Dr. Benjamín Bolaños, from the University of Puerto Rico, after hurricanes Irma and María, the pollen concentration on the island has remained higher than normal. A good practice to take care of respiratory health is to verify the daily level of allergens and use this information to plan the activities that will be carried out during the day. The University of Puerto Rico has the allergen monitoring team and they provide us with this information on a daily basis.

4. Secretions from the body of this common insect can lead to asthma.

- Cockroaches

Discussion: Although many people think that cockroaches are harmless, this insect can trigger asthma. People with respiratory conditions must maintain hygiene habits that prevent the spread of this pest. A good practice to prevent these unwanted insects from entering the home is to clean the kitchen every time you finish cooking and avoid leaving unwashed dishes in the sink area.

5. This is a cause of asthma that we can avoid if we control the humidity and maintain good ventilation at home

- **Answer:** Fungus and mold

Discussion: Fungus needs moisture to grow. Small changes in the home can prevent it from growing. If you have mold in your home, you may have difficulty breathing, or have wheezing, nasal congestion, headaches, itching, or watery eyes. Damp places in your home can also cause these symptoms in people with asthma. Mold is usually found in places with high humidity (the kitchen, bathroom, ceiling, and leaky pipes). Mold can grow on walls, clothing, or appliances. It also grows in hidden places such as behind walls and under carpets. Mold can smell musty, this smell sometimes means that mold is alive and reproducing.

6. We should visit this person at least once a year, depending on age, development and medical conditions.

- Primary Care Physician

Discussion: Many times we forget to take care of your health. It is important to visit your primary care physician at least once a year because, this way, we practice disease prevention, rather than seeking help when we are already sick.

7. Identify the drawing of the respiratory system

- **Answer:** Respiratory system

Discussion: Knowing your respiratory system allows us to better understand the suggestions of health professionals. If you know how the disease you suffer from works in your system, you can empower and take better care of yourselves. Knowing details, such as, at night the respiratory system is more open because you are more relaxed, helps us know that using an air purifier near us when sleeping can improve your health.

8. An asthma attack could begin with symptoms including: Mild discomfort in the nostrils and throat, rhinorrhea (mucus), prolonged fever and...

- **Answer:** Cough

Discussion: When you visit your doctor it is important to clarify doubts regarding your condition. Knowing the symptoms that can lead to an asthma attack allows us to act in time and take the necessary measures to address the situation.

9. This common pest causes asthma. Hides in the mattress, sheets, pillows and other places in the house where there is dust

- **Answer:** Mites

Discussion: Mites are extremely small and therefore are not seen with the naked eye. They are common in bedding, stuffed animals, carpets and furniture fabric. You can take care of these allergens by using anti-allergen linings on pillows and mattresses, washing bedding with hot water every week and drying clothes in the dryer using the highest recommended heat level.

10. This is the result of an unhealthy habit that can lead to asthma in both children and adults.

- **Answer:** Cigarette smoke

Discussion: According to the Center for Disease Control (CDC) cigarette smoke contains more than 7,000 chemicals (hundreds of them are toxic and 70 that can cause cancer). Cigarette smoke not only affects the person who is smoking, but also affects the people around the smoker, so it is essential that you do not bring this pollutant into your home.¹

It's also important to talk about third-hand smoke. When the person smokes, nicotine and other chemicals remain in their clothes, in their hair, in the furniture, in the car etc., this accumulates and leads to people who are in that place or in contact with that object get sick. There are resources available to help people who want to quit smoking, if you know someone who smokes, talk to them about how to eliminate this bad habit and how quitting smoking could save your life.

11. These clouds originate on the African continent and are transported westward by the flow of trade winds expanding over the Atlantic and Caribbean region.

- **Answer:** Sahara Dust

Discussion: Puerto Rico is regularly visited by dust clouds from the Sahara, if you have respiratory conditions you must take preventive measures to protect yourselves from this phenomenon. Sahara dust is usually the cause of an increase in cases of chronic allergic conjunctivitis, throat pain and irritation and nasal discomfort. Normally, the weather report on the morning news tells you how high or low the Sahara dust index is on the island. You can use this information to plan your day and decide if you can do outdoor activities.

12. This is something the family can do frequently to help the mental and emotional health of everyone in the household.

¹ https://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/chemicals_smoke/index.htm

- **Answer:** Hug

Discussion: Stress has been associated with an increased risk or deterioration of asthma, heart and gastrointestinal disease, diabetes, depression, Alzheimer's and obesity. We often don't know how to handle situations that cause us stress because we don't know how to identify it.

According to the American Psychiatric Association, the act of hugging reduces the segregation of cortisol, the hormone your body releases in stressful situations. Hugging your family is health promotion.

13. To reduce the risk of cold infection, when you sneeze you should cover yourself this way

- **Answer:** Black and white image covering your sneeze with your elbow

Discussion: You should not use your hands to cover yourself when you sneeze since your hands are in contact with many surfaces and people, this way, you would be spreading your germs.

14. This hygienic action should be practiced often, especially after using the bathroom and before eating to reduce the risk of contracting diseases.

- **Answer:** Wash your hands

Discussion: According to World Health Organization (WHO), You can avoid 25% of respiratory infections just by washing your hands habitually. Handwashing with soap interrupts the contamination cycle. Handwashing with soap interrupts the contamination cycle.

When you do not wash your hands with soap you can transmit viruses and bacteria, either by direct or indirect contact (through surfaces). Wash your hands before and after cooking, after going to the bathroom or changing a baby, after sneezing or coughing, taking out the garbage, after touching money or pets, visiting a sick person or traveling on public transport.

The correct way to wash your hands is: get your hands wet; apply enough soap to cover the hands; rubbing your hands for at least 30 seconds (rubbing your palms together, rubbing your fingers on one hand against the palm of the opposite hand, keeping your fingers together); rinse your hands with water; dry your hands and use a towel or hand paper to turn off the faucet.

15. This device makes noise and warns you if your family is being exposed to any gas or smoke that could harm you

- **Answer:** Smoke or carbon monoxide detector

Discussion: The use of gas stoves and emergency generators can expose us to carbon monoxide, a very dangerous gas because it has no smell and cannot be seen. Because of these characteristics, it is important to have a carbon monoxide and fire alarm in the home to avoid poisoning and death. In addition, You have to check if these detectors are working and have functional batteries.

16. Do this to improve the air quality in your home, while cleaning, cooking, or showering

- **Answer:** Open a window

Discussion: One of the basic principles for a healthy home is ventilation. Detergents used for household cleaning can cause irritation in the airways, opening a window allows these pollutants that are in the air to circulate and do less damage.

Sometimes, cooking causes smoke and strong odors, so opening a window when cooking helps the air circulate so that the smoke and odors do not affect those inside the home. Inside the bathroom there is a lot of humidity and this creates fungi, opening the windows when showering helps prevent the growth of the fungus and therefore prevent asthma.

17. To learn how to cope with asthma, what document is important for each patient to receive?

- **Answer:** Written Asthma Action Plan

Discussion: It is important to prepare an asthma management action plan with your doctor. To the extent that you know what to do when identifying the signs of an asthma attack you can take action. It is also important that this plan be discussed with the children at their level of understanding so that they can know their condition and ask for help as soon as they need it.

18. It is important to throw away this piece of furniture if it has been wet for more than 24 to 48 hours.

- **Answer:** Mattress

Discussion: After a flood it is very difficult to dry furniture that has filling, as it absorbs a lot of water. According to the CDC, if a mattress has not dried within 48 hours, it can be presumed to have fungus. Therefore, the handling of this furniture will depend on how much it has become wet and whether it is possible to dry them before they generate fungi. When in doubt, the safest option is to discard and replace the mattress.

19. Check and clean this air outlet to prevent the accumulation of dust and fungus regularly.

- **Answer:** Fan

Discussion: Although we usually do not pay attention to it, in the places where the air in the house is ventilated, a lot of dust accumulates, so it is important that they are kept clean. We must consider extractor, windows, air conditioner windows, etc.

20. You regularly find fungus in this part of the house because there is a lot of moisture

- **Answer:** Bathroom

Discussion: By opening a window or turning on an extractor, you can avoid the

threat of fungus.

21. Although there are many options of household cleaning products that are better for health, if you decide to use chlorine, the correct ratio for dilution is:

- **Answer:** half a cup of chlorine for every gallon of water

Discussion: Normally, in Puerto Rico, we do not think that something is clean until the smell of detergent suffocates us, but that is not right. Although chlorine is the favorite detergent for people in Puerto Rico, its use is not good for your health because it is a very strong irritant.

If you are going to use chlorine in your house use only half a cup for every gallon of water to ensure you are not exposing yourself too much to this contaminant. When using bleach, it is important to prevent children with respiratory conditions from entering the place where the chemical is located to protect them.

22. This commonly used product in the home is a good alternative to help decrease the humidity in the closet.

- **Answer:** Baking soda

Discussion: Baking soda has absorbent and antibacterial properties, which prevents fungus from forming. In addition, the baking soda helps to remove the strong odors enclosed in the closet. To use it you must fill a cloth bag with baking soda and place it in the corners of the closet. You can also place the baking soda on a plate and put it on the floor.

23. This electrical appliance controls the temperature of the home

- **Answer:** Air conditioning

Discussion: It is important to keep the temperature of the home controlled. Drastic temperature variations (such as moving from very cold air conditioning to the hot, humid temperature that is normal in Puerto Rico) can result in an increase in humidity and consequently an increase in the fungus.

In addition, you should clean or change the air conditioning filters every time it is dirty (usually every 3 weeks) to ensure good indoor air quality. After a flood you must not turn on the system until it is clean.

24. Identifies cleaning solutions that are just as effective, but less harmful to respiratory health

- **Answer:** Vinegar, soap and water

Discussion Cleaning chemicals are pollutants that irritates the airways. Using alternative options such as vinegar, soap and water, protects your respiratory health and thanks to their low price, they help you save money.

25. Identify the picture of what you should do to protect your health if you see water leaks.

- **Answer:** Man repairing the sink

Discussion: To have a healthy home, maintenance is very important. If you notice a problem in your home, get it fixed or notify the landlord to take care of the repair. Water leaks can cause fungal growth by increasing the humidity in the home.

Bingo de Salud y Seguridad para Jóvenes y Adultos

B I N G O

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Q&A Guide

Health and Safety Bingo for Seniors

1. Which family member should not enter the room of a child with asthma?

- **Answer:** Pets

Discussion: Pets have fur, which lodges in bed and can affect their respiratory system. It is important for the whole family to understand that their pet has its place to sleep, which is different from where humans sleep. Pets form an important part of everyone's emotional health in the home and it's important to explain to everyone why they shouldn't allow pets into the room.

2. This is a cause of asthma that we can avoid if we control the humidity and maintain good ventilation at home

- **Answer:** Fungus

Discussion: The fungus needs moisture to grow. Small changes in the home can prevent this from growing. If we have mold in our house, we may have difficulty breathing, or have wheezing, nasal congestion, headaches, itching, or watery eyes. Damp places in our home can also cause these symptoms in people with asthma.

Mold is usually found in places with high humidity (the kitchen, bathroom, ceiling, and leaky pipes). Mold can grow on walls, clothing, or appliances. It also grows in hidden places, such as behind walls, and under carpets. Mold can smell musty, this smell sometimes means that mold is alive and reproducing.

3. We should visit this person at least once a year, depending on age, development and medical condition.

- **Answer:** Primary Physician

Discussion: Many times we forget to take care of your health. It is important to visit your primary care physician at least once a year because, this way, we practice disease prevention, rather than seeking help when we are already sick.

4. To reduce the risk of catching a cold when sneezing, cover yourself in this way.

- **Answer:** Covering your sneeze with your elbow

Discussion: For more than 10 years we have stressed the importance of using the forearm to cover your mouth when coughing or sneezing. You should not use your hands to cover your sneeze since your hands will be in contact with many surfaces and people and you would be spreading your germs.

5. Asthma control medications are for routine use and rescue. This device should be used with the inhaler so that the medication is better administered.

- **Answer:** Spacer

Discussion: It is recommended to use a spacer chamber with the inhaler to ensure that the medication is administered correctly. A spacer is a plastic tube that has a mouthpiece at one end and an asthma inhaler attached to the other end.

The spacer concentrates the medication in a tube to prevent it from

escaping into the air and provides more time to inhale the medication, which means the medication can enter the lungs more effectively. It is important to ask your doctor to explain the correct way to use this device.

6. This common pest causes asthma. It hides in the mattress, sheets, pillows and other places in the house where there is dust

- **Answer:** Mites

Discussion: Mites are extremely small, therefore, are not seen with the naked eye. They are common in bedding, stuffed animals, carpets and fabric furniture. You can take steps to take care of these allergens such as using allergen linings on pillows and mattresses, washing bedding with hot water every week and drying clothes in the dryer using the highest recommended heat level.

7. These clouds originate on the African continent and are transported westward by the flow of trade winds expanding over the Atlantic and Caribbean region.

- **Answer:** Sahara Dust

Discussion: Puerto Rico is regularly visited by dust clouds from the Sahara, if you have respiratory conditions you must take preventive measures to protect yourselves from this phenomenon. Sahara dust is usually the cause of an increase in cases of chronic allergic conjunctivitis, throat pain and irritation and nasal discomfort.

Normally, the weather report on the morning news tells you how high or low the Sahara dust index is on the island. You can use this information to plan your day and decide if you can do outdoor activities.

8. This hygienic action should be practiced often, especially after using the

bathroom and before eating to reduce the risk of contracting diseases.

- **Answer:** Wash your hands

Discussion: According to World Health Organization (WHO), you can avoid 25% of respiratory infections just by washing your hands habitually. Handwashing with soap interrupts the contamination cycle.

When you do not wash your hands with soap you can transmit viruses and bacteria, either by direct or indirect contact (through surfaces). Wash your hands before and after cooking, after going to the bathroom or changing a baby, after sneezing or coughing, taking out the garbage, after touching money or pets, visiting a sick person or traveling on public transport.

The correct way to wash your hands is: get your hands wet; apply enough soap to cover the hands; rubbing your hands for at least 30 seconds (rubbing your palms together, rubbing your fingers on one hand against the palm of the opposite hand, keeping your fingers together); rinse your hands with water; dry your hands and use a towel or hand paper to turn off the faucet.

9. This device makes noise and warns you if your family is being exposed to any gas or smoke that could harm you

- **Answer:** Smoke or carbon monoxide detector

Discussion: The use of gas stoves and emergency generators can expose us to carbon monoxide, a very dangerous gas because it has no smell and cannot be seen. Because of these characteristics, it is important to have a carbon monoxide and fire alarm in the home to avoid poisoning and death. In addition, you have to check if these detectors are working and have functional batteries.

10. Do this to improve the air quality in your home while cleaning, cooking, or showering.

- **Answer:** Open a window

Discussion: One of the basic principles for a healthy home is ventilation in the home. Detergents used for household cleaning can cause irritation in your airways, opening a window allows these air-in-air pollutants to circulate and do less damage.

Cooking involves smoke, strong odors, among other things, so opening the window when cooking helps the air circulate so that the smoke and odors do not affect us indoors. Inside the bathroom there is a lot of moisture and this creates fungus, so opening the windows when showering helps prevent the growth of the fungus.

11. It is important to throw away this piece of furniture if it has been wet for more than 24 to 48 hours.

- **Answer:** Mattress

Discussion: After a flood it is very difficult to dry furniture that has filling, as it absorbs a lot of water. According to the CDC, if a mattress has not dried within 48 hours, it can be presumed to have fungus. Therefore, the handling of this furniture will depend on how much it has become wet and whether it is possible to dry them before they generate fungi. When in doubt, the safest option is to discard and replace the mattress.

12. You regularly find fungus in this part of the house because there is a lot of moisture

- **Answer:** Fungus in the bathroom

Discussion: By opening a window or turning on an extractor, you can avoid the threat of the fungus.

13. This common product in the home is a method to help decrease the humidity in the closet.

- **Answer:** Baking Soda

Discussion: Baking soda has absorbent and antibacterial properties, which prevents fungus from forming. In addition, the baking soda helps to remove the strong odors enclosed in the closet. To use it you must fill a cloth bag with baking soda and place it in the corners of the closet. You can also place the baking soda on a plate and put it on the floor.

14. This device controls the temperature of the home

- **Answer:** Air conditioning

Discussion: It is important to keep the temperature of the home controlled. Drastic temperature variations (such as moving from very cold air conditioning to the hot, humid temperature that is normal in Puerto Rico) can result in an increase in humidity and consequently an increase in the fungus.

In addition, you should clean or change the air conditioning filters every time it is dirty (usually every 3 weeks) to ensure good indoor air quality. After a flood you must not turn on the system until it is clean.

15. Identifies cleaning solutions that are just as effective, but less harmful to respiratory health

- **Answer:** Vinegar, soap and water

Discussion: Cleaning chemicals are pollutants that irritate the airways.

Using alternative options such as vinegar, water and soap, not only takes care of your respiratory health but also helps you save money since they are cheaper.

16. Title of this BINGO game.

- **Answer:** Health and Safety Bingo for Older Adults





Bingo de Salud y Seguridad para Adultos Mayores

A

B

C

D

<p>POLVO DE SAHARA</p> 	<p>DETECTOR DE HUMO</p> 	<p>Respira Limpio BINGO</p>	<p>ÁCAROS Y POLVO</p> 
<p>HONGO EN LA CASA</p> 	<p>ABRIR LA VENTANA</p> 	<p>HONGO EN EL BAÑO</p> 	<p>CUBRIR SU ESTORNUDO CON EL ANTEREBAZO</p> 
<p>MÉDICO PRIMARIO</p> 	<p>BAKING SODA</p> 	<p>JABÓN</p> 	<p>GATO</p> 
<p>LAVARSE LAS MANOS</p> 	<p>MATTRESS O COLCHÓN</p> 	<p>AIRE ACONDICIONADO</p> 	<p>POMPA CON INHALADOR</p> 