



# IMPROVING INDOOR AIR QUALITY BY KEEPING IT



## VENTILATED

- Open windows even in the cold months to let in fresh air.
- Use exhaust fans when outdoor air pollution or pollen levels are high.
- Use exhaust fans in the kitchen to remove moisture and odors from cooking.
- Use extra ventilation when using chemicals, pesticides, and cleaning products.



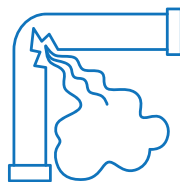
## CLEAN

- Remove shoes before entering.
- Use commercial grade doormats at every entrance.
- Keep areas where children play as dust-free and clean as possible.
- Damp dust weekly with a microfiber cloth and water.
- Wet or damp mop floors instead of sweeping.
- Vacuum the carpets and area rugs at least once or twice a week with a vacuum cleaner equipped with a HEPA filter.
- Regularly clean bedding, drapes, and other items that tend to attract allergens—particularly if you have pets.
- Reduce clutter because it traps and holds dust that can be an allergy trigger.
- Change forced-air heating system filters regularly.



## DRY

- Run the bathroom exhaust fan when showering.
- Use a dehumidifier in damp areas, such as a basement, to help prevent the growth of mold.
- Repair water leaks inside and out to stop mold growth.
- Clean dryer vents regularly.
- Clean gutters and downspouts regularly.
- Repair caulking inside and outside around windows and door frames.



## PEST-FREE

- Seal exterior gaps around the house.
- Do not leave water and food sources around the house, including pet dishes and bird feeders.
- Keep the outside of the house free of trash and clutter.



## HEALTHY

- Dispose of harmful cleaning products and chemicals properly.
- Use non-toxic cleaning products and chemicals.
- Do not use air fresheners and candles.
- Do not smoke or vape indoors.
- To remove or clean up asbestos, use a professionally trained contractor.
- Leave lead-based paint undisturbed if it is in good condition. Do not sand or burn off paint that may contain lead.
- Do not remove lead paint yourself. Hire a person with special training for correcting lead paint problems to remove lead-based paint.
- If you work with lead in your job or a hobby, change your clothes before you go home and wash these clothes separately.
- Test for radon and if needed, take steps to reduce elevated indoor radon levels using a professionally trained contractor.



## SAFE

- Keep gas appliances properly adjusted.
- Install and use an exhaust fan vented to the outdoors over gas stoves.
- Purchase a vented space heater when replacing an unvented one.
- Use proper fuel in kerosene space heaters.
- Choose properly sized wood stoves that are certified to meet EPA emission standards.
- Make certain that doors on all wood stoves fit tightly.
- Open flues when fireplaces are in use.
- Have a trained professional inspect, clean and tune-up central heating system (furnaces, flues, and chimneys) annually and repair any leaks promptly.
- Do not idle the car inside garage.
- Install and maintain carbon monoxide detectors.

