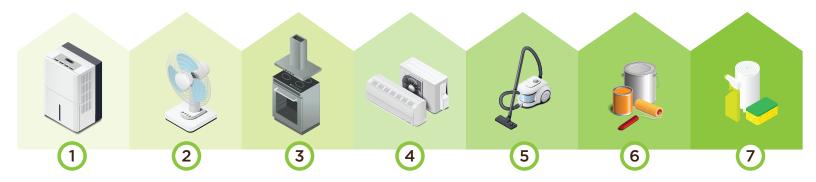# 7 SIMPLE WAYS
to Improve Indoor Air Quality

Looking for the cause behind the allergy symptoms or frequent illness you or your family are experiencing at home? The answer could be your home's poor indoor air quality. Here are 7 simple ways you can make the air you breathe inside your home cleaner and healthier.

1   2   3   4   5   6   7

1 Dehumidify the basement or crawl space.

Home is where the mold isn't. Run a dehumidifier in any below-grade spaces to keep humidity levels between 30% and 50% and prevent mold growth.

2 Clean fans and dehumidifiers monthly.

No one likes breathing in dust. If you use ceiling fans, standing fans, or dehumidifiers, clean them once a month to keep dust and other contaminants from recirculating.

3 Use kitchen and bathroom exhaust fans.

The range hood isn't just for calming down the fire alarm after you've burnt the bacon! Use it every time you cook to keep the air clean, and turn on the bathroom fan during each shower.

4 Check HVAC air filters once a month.

Inspect the air filters in your heating and AC systems every month and replace them as soon as dirt and dust begin to accumulate. Set a calendar reminder so you don't forget!

5 Use a HEPA filter vacuum on carpet.

If your vacuum doesn't have a HEPA filter, you're just blowing dust around! Use a HEPA filter vacuum on carpets and floors at least twice a week to remove allergy and asthma triggers.

6 Use non-VOC paints.

Finally repainting that bright pink bedroom? Many paints release VOCs into the air, which can irritate airways and cause headaches and nausea. Use non-VOC paints for a safe alternative.

7 Switch to natural cleaning products.

That "lemon fresh" scent could actually be bad news for your IAQ. Avoid harsh detergents and use natural cleaning products to minimize exposure to harmful chemicals and VOCs.

LOOKING FOR ADDITIONAL WAYS TO IMPROVE YOUR IAQ?

We're here to help you breathe clean and healthy air at home.

Healthy Home
Energy & Consulting, Inc.

gethealthyhome.com
(914) 242-9733