



May is Clean Air Month

Top Ten Tips for a Healthful Home



1. Good ventilation reduces indoor air pollution. Leave doors between rooms open most of the time for better air circulation. Open windows, when possible, to allow for a good supply of outdoor air. Install exhaust fans in bathrooms to remove moisture and chemicals.
2. Use a high efficiency furnace filter and replace it every two or three months. A high efficiency filter not only protects the furnace, but can also capture up to 30 times more pollutants, such as smoke, pet dander and pollen, than standard fiberglass filters.
3. Have a professional inspect the furnace once a year to make sure that the air intake is adequate and the unit is operating at peak efficiency. A smooth-running furnace helps the filter capture more soot particles.
4. Prohibit smoking in the home.
5. Make sure gas cooking appliances are vented to the outdoors.
6. Install a carbon monoxide detector near your sleeping rooms.
7. To keep dust mites and other allergens to a minimum, clean regularly. Wash bedding materials in hot water (at least 130°).
8. Never leave a car or lawn mower running in an attached garage or shed.
9. Keep humidity levels low with a dehumidifier or air conditioner, as needed. Clean both regularly so they don't become a source of pollutants themselves. Fix all leaks and drips, as standing water and high humidity encourage the growth of mold and other biological pollutants.
10. Check commercial cleaning products and pesticides for toxic ingredients, and use according to manufacturer's directions. Keep your home well ventilated when using these products. Consider switching to less toxic alternatives.

