

Indoor air quality can be
5x worse
than outdoor air quality



90% of our time is
spent indoors

AIR OUT:
Open your windows every so often to ventilate your home and get some fresh air

Adults breathe
3,400
gallons of air daily

75%
of homes in Colorado are at risk of trapping dangerous levels of radon gas

HEADS UP:
Call Healthy Homes for a free radon screening

LIDS ON:
Keep your food in airtight receptacles to contain odors and repel pests

Colorado is home to
25+
common household pests

SHOES OFF:
Leave your shoes (and the germs they carry) at the door

The average shoe carries
421,000
units of bacteria

The City of Fort Collins Healthy Homes program provides **FREE** in-home air quality checks for all Fort Collins residents, whether you rent or own. Master Home Educators assess homes for common biological pollutants, chemical contaminants and safety hazards.

82% of Healthy Homes participants have taken steps to improve their home's air quality as a result.

AFTER YOUR
FREE IN-DEPTH EVALUATION,
YOU'LL GET A LIST OF
THINGS YOU CAN DO RIGHT NOW,
FOR LITTLE OR NO MONEY,
TO IMPROVE THE AIR YOU BREATHE
EVERY DAY.

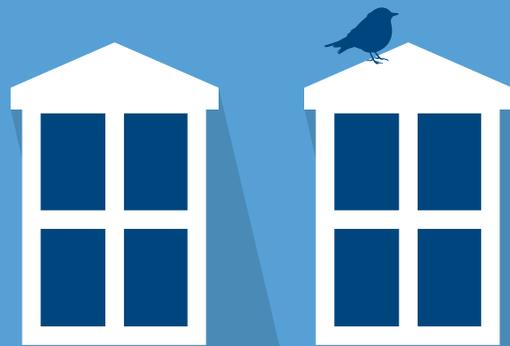
Visit fcgov.com/HealthyHomes or Call **970.416.2832** to schedule a free screening and open your door to a healthier home.

Be Air Aware

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7 WAYS YOU CAN IMPROVE INDOOR AIR QUALITY

-  Use non-toxic cleaning products
-  Run exhaust fans while showering and cooking
-  Seal leaks inside and out
-  Install and maintain carbon monoxide and smoke detectors
-  Use a commercial-grade doormat
-  Clean dryer and heating vents
-  Call Healthy Homes for a free in-home air quality check



IT'S NOT HARD TO BREATHE EASY

City of
Fort Collins
Environmental
Services

970.416.2832 fcgov.com/healthyhomes

**Healthy
HOMES**
IMPROVING INDOOR
AIR QUALITY