

Be Air Aware

7 WAYS YOU CAN IMPROVE INDOOR AIR QUALITY



Keep It **CONTAMINANT FREE**

Be aware of substances in your home that could make you sick

- Dispose of harmful cleaning products / chemicals, and replace them with non-toxic alternatives
- Test your home for:
 - Radon
 - Carbon monoxide
- Eliminate:
 - Air fresheners and candles
 - Products labeled Hazard, Danger, Poison



Keep It **CLEAN**

Reduce allergens and dust particles and keep pests away

- Remove shoes before entering your home
- Place a commercial-grade quality doormat at every entrance
- Damp dust weekly with a microfiber cloth and water
- Reduce clutter



Keep It **DRY**

Too much water in the home causes mold and structural damage, and provides optimal conditions to attract pests

- Run exhaust fans while showering and cooking
- Make sure your home has proper drainage – extend downspouts 5ft away from the home and check gutters for blockages
- Check for mold in areas of your home that have water sources:
 - Kitchen
 - Bathrooms
 - Window sills
 - Washing machines
 - Basements



Keep It **PEST-FREE**

Insects and rodents can trigger allergies and asthma and spread disease. Pests seek out food, water, and hiding places

- Keep your home free of clutter and as clean as possible
- Seal exterior gaps with copper mesh or weather stripping
- Eliminate all water and food sources around the house, including pet dishes and bird feeders
- Keep all food in airtight containers

IT'S NOT HARD TO BREATHE EASY





Keep It **WELL VENTILATED**

Ventilation expels moisture and odors and keeps your home dry and mold-free

- Run an exhaust fan when cooking or showering
- Open the windows to fully ventilate your home regularly
- Use extra ventilation when using glues, paint and other harmful chemicals
- Check exhaust fans for efficiency



Keep It **SAFE**

Be aware of the most common dangers in your home

- Fire; install detectors in every floor of your home and plan escape routes
- Check carbon monoxide, smoke alarms and fire extinguishers regularly
- Create a fire escape plan with all residents
- Eliminate pesticides and harmful cleaning products



Keep It **WELL MAINTAINED**

Maintenance ensures the vital systems in your house are in good shape and running efficiently

Inside the Home:

- Take care of minor repairs before they become large problems
- Check for leaks and repair immediately before mold has a chance to grow
- Check the flues, filters and vents of your heating systems to ensure they are clean and connected properly
- Vacuum around water heater and furnace
- Participate in energy and water saving programs

Outside the Home:

- Replace worn and damaged roof shingles to prevent water from getting inside
- Clean and unblock your dryer vent twice a year
- Check the caulking around windows and door frames (inside and out)
- Clean gutters and downspouts quarterly

THE HEALTHY HOMES PROGRAM IS A FREE PROGRAM THAT HELPS FAMILIES IMPROVE THEIR INDOOR AIR QUALITY



For more information go to
fcgov.com/healthyhomes,
or call 970-416-2832

