



## 1 - Maintain a Clean Home

- Tidy and clean regularly to improve air quality
- Use eco-friendly, non-toxic cleaners and supplies
- Vacuum and mop floors at least once per week with strong suction, rotating brushes, and a HEPA filter to trap smaller particles and allergens
- Minimize carpeting if possible or choose low-pile rugs.
- Vacuum walls, carpet edges, and upholstered furniture
- Wash or change your vacuum filter regularly
- Microfiber dust mops are good for reaching nooks and crannies that a vacuum cannot reach
- Wipe down tops of doors, window frames and windowsills weekly with a damp cloth
- Wash curtains often
- Use a doormat to prevent dirt from entering your home and remove shoes

## 2 - Ventilate

- To remove stagnant air and refresh the interior air, open the doors and windows to rejuvenate the indoor air quality
- Open the windows for 5 to 10 minutes on an everyday basis, even if you don't know exactly how polluted the air is inside your home

## 3 - Keep Your Sheets & Clothes Clean

- Dust mites can often linger in the fabric of your homes such as bedding, cushions, and curtains, therefore clean these items regularly
- Use good quality dust-mite-proof pillow, mattress, and box spring covers in the bedroom, organic if possible

- Wash sheets and blankets once a week in 130-degree hot water
- Keep clothing off the floor and shoes out of the room

## 4 - Change HVAC Filters

- Clean or change filters regularly
- Filters with higher MERV ratings need to be changed more often at least every three months

## 5 - Other Helpful Tips

- Adjust your humidity levels accordingly with a moisture or humidity gauge, available at most hardware stores
- Ideal in-home humidity levels should hover around 45%, anything under 30% is too dry, over 50% is too high and can contribute to mold growth
- To increase humidity, use a vaporizer or humidifier and to decrease humidity, open windows (if it is not humid outside), turn on a fan or air conditioner, or use a dehumidifier
- Stay away from synthetic air fresheners and petroleum-based wax candles and opt instead for homemade air fresheners, simmer pots, and all-natural soy or beeswax candles which will not emit any harmful chemicals
- Use a HEPA air purifier that does not produce ozone, but eliminates VOCs that off-gas from paint, furniture, and cleaning chemicals
- Green plants placed every 50 feet in your home could help reduce VOCs and improve air quality
- Groom pets regularly
- Paint with low or no VOC paint and choose non-toxic adhesive, finishes, and varnishes where possible
- Be informed about the different materials that go into furniture and what is likely to off gas VOCs