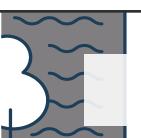


Checklist for Homeowners



Wash sheets and blankets once a 1 - Maintain a Clean Home week in 130-degree hot water ☐ Tidy and clean regularly to improve air Keep clothing off the floor and shoes out of the room □ Use eco-friendly, non-toxic cleaners and supplies 4 - Change HVAC Filters □ Vacuum and mop floors at least once □ Clean or change filters regularly per week with strong suction, rotating brushes, and a HEPA filter to trap □ Filters with higher MERV ratings smaller particles and allergens need to be changed more often at ☐ Minimize carpeting if possible or least every three months choose low-pile rugs. □ Vacuum walls, carpet edges, and 5 – Other Helpful Tips upholstered furniture Adjust your humidity levels accordingly □ Wash or change your vacuum filter with a moisture or humidity gauge, regularly available at most hardware stores □ Microfiber dust mops are good for □ Ideal in-home humidity levels should reaching nooks and crannies that a hover around 45%, anything under 30% vacuum cannot reach is too dry, over 50% is too high and can □ Wipe down tops of doors, window contribute to mold growth frames and windowsills weekly with a ☐ To increase humidity, use a vaporizer or damp cloth humidifier and to decrease humidity, □ Wash curtains often open windows (if it is not humid ☐ Use a doormat to prevent dirt from outside), turn on a fan or air conditioner, entering your home and remove shoes or use a dehumidifier Stay away from synthetic air fresheners 2 - Ventilate and petroleum-based wax candles and □ To remove stagnant air and refresh the opt instead for homemade air interior air, open the doors and windows fresheners, simmer pots, and all-natural to rejuvenate the indoor air quality soy or beeswax candles which will not □ Open the windows for 5 to 10 minutes emit any harmful chemicals on an everyday basis, even if you don't ☐ Use a HEPA air purifier that does not know exactly how polluted the air is produce ozone, but eliminates VOCs inside your home that off-gas from paint, furniture, and cleaning chemicals ☐ Green plants placed every 50 feet in 3 - Keep Your Sheets & Clothes Clean your home could help reduce VOCs and □ Dust mites can often linger in the improve air quality fabric of your homes such as Groom pets regularly bedding, cushions, and curtains, □ Paint with low or no VOC paint and therefore clean these items regularly choose non-toxic adhesive, finishes, □ Use good quality dust-mite-proof and varnishes where possible pillow, mattress, and box spring Be informed about the different covers in the bedroom, organic if materials that go into furniture and what possible is likely to off gas VOCs



Certified Indoor Environmental | 503.241.9199 www.certifiedie.com | cmt@certifiedie.com