

WAYS TO CREATE A HEALTHY INDOOR ENVIRONMENT IN YOUR HOME



Here in the U.S., indoor air quality is an issue. While many homeowners think of their home as clean, the truth is that the air quality inside most homes is worse than the air outside.

MOST INDOOR AIR QUALITY ISSUES ARE CAUSED BY:



Humidity Imbalance



Dust & Dirt



Secondhand Smoke



Household Chemicals



Viruses & Bacteria



Mold Spores



Pet Hair & Dander



Pollen

Poor indoor air quality impacts everyone in the home. However, these groups of people are especially affected:



CHILDREN



ELDERLY

THOSE WITH ALLERGIES

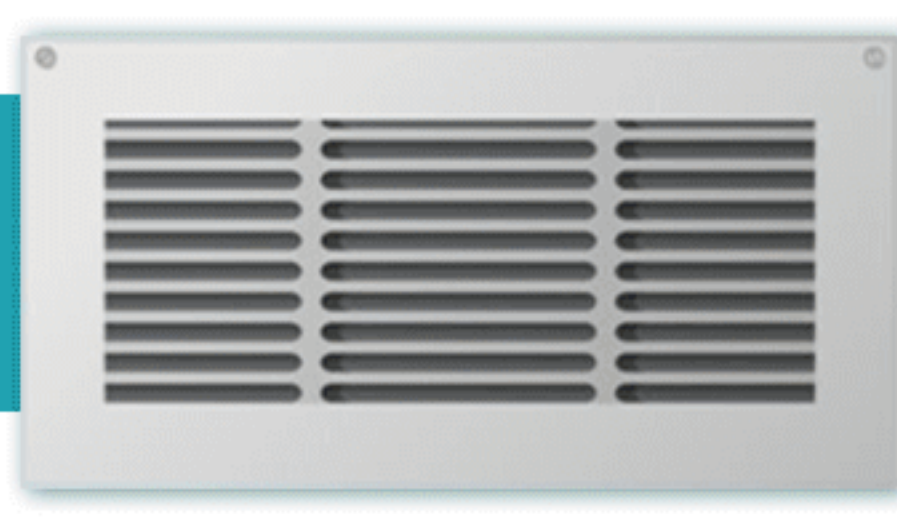


THOSE WITH ASTHMA



How can you create a healthier environment in your home?

1. ADD VENTILATION



Most U.S. homes do not have adequate ventilation. This means air is trapped in the home, especially during times of the year where the windows and doors are kept closed.

By adding ventilation to your home, you will be better able to:



Control Humidity



Bring in fresh air to the home



Cycle out stale, dusty air

This can be accomplished by:



Adding bathroom fans

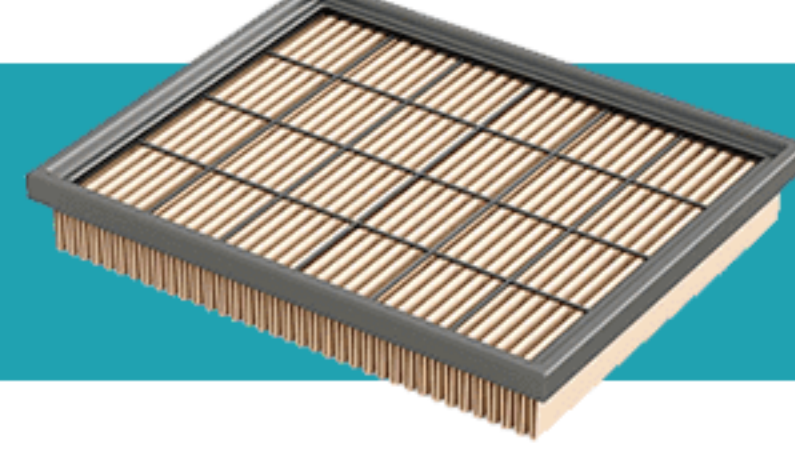


Adding kitchen ventilation

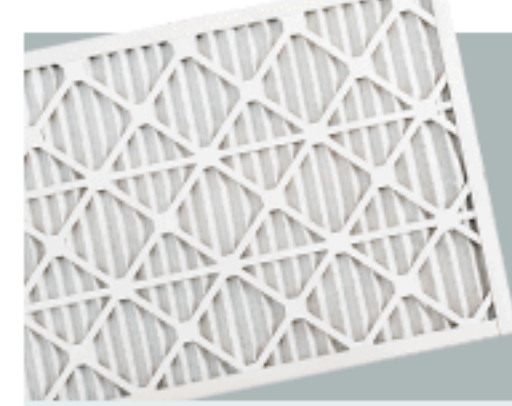


Installing whole-house ventilation

2. PURIFY YOUR HOME'S AIR

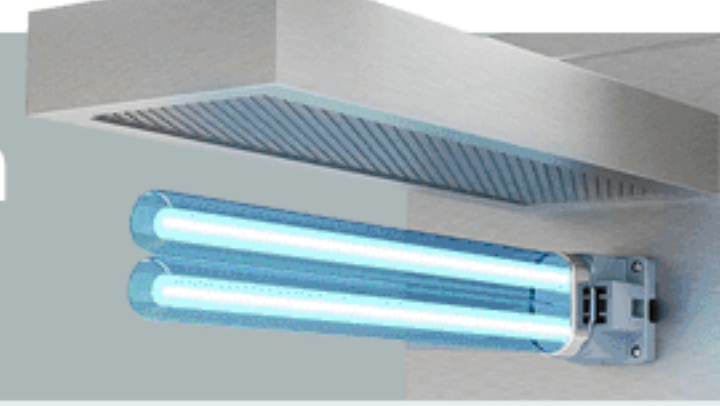


In addition to adding ventilation, you should also take steps to purify your home's air:



Installing an air filter

- Captures dust, dirt, and particulate matter from the air.
- Filters need to be changed regularly to remove accumulated matter.

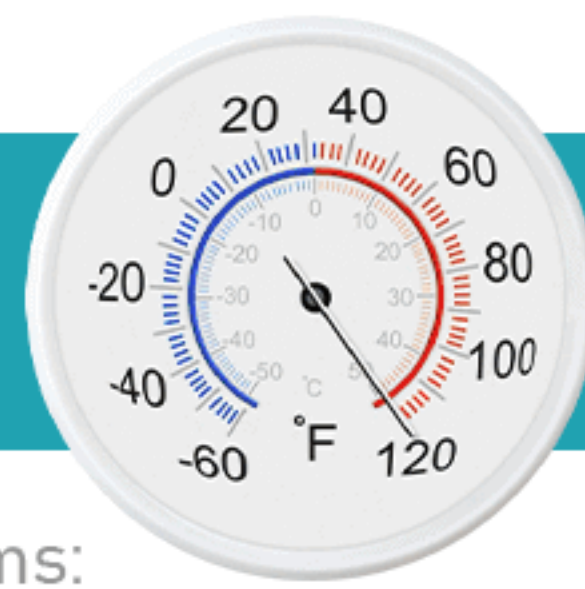


Installing a UV filter

- Uses ultraviolet light to kill viruses and bacteria that move through it.
- May be either battery-powered or plugged into a wall.

If your home has specific issues—such as mold spores or radon gas—you will need to address those problems at the source. Talk to a licensed professional in your area.

3. BALANCE YOUR HOME'S HUMIDITY



Having a home that is too humid or too dry can pose problems:

Too Humid



The air feels sticky and muggy

The home feels too hot in the summer



Promotes mold and mildew growth



Window condensation



Blistering paint and peeling wallpaper



Too Dry



Cracked, dry skin and lips

The home feels too cold in the winter



Static electricity buildup in the home



Damages furnishings, causes doors to "stick"



Promotes illness and sickness



The best approach is using humidifiers and dehumidifiers to balance indoor humidity.

30-50%

The ideal household humidity range. You can typically keep your home in this range with a humidifier.

4. SCHEDULE AN IAQ TEST

A professional IAQ test can provide you with an individualized assessment of what's in your home's air. We recommend you talk to an IAQ professional to schedule a test today.

