



## 10 Helpful Hints for Safe Indoor Air Quality

There's little doubt about the health benefits of a safe and contaminant free home. Precautionary measures are important in creating a healthy indoor environment and there are some steps you can take to make sure the indoor air you breathe every day is safe.

Here are a few tips from the EnviroProz experts:

- 1 Make sure your home is a no-smoking zone. Second hand smoke is dangerous, and all smokers should be asked to smoke outside. Also be aware that small particulates called fine particles attach to clothes and other materials. Just because you can't see the smoke does not mean there aren't harmful particles present.
- 2 Test for radon. It's estimated that nearly 6% of American homes have high levels of this odorless, colorless and dangerous gas. A simple test kit for radon is available in hardware stores.
- 3 Install a carbon monoxide detector. Carbon monoxide can be deadly, and this inexpensive device can alert you to having any carbon monoxide in your home. Gas stoves, fireplaces and hot water heaters are big culprits of high levels of Carbon Monoxide. Never leave cars running in a garage for more than a few minutes and make sure it is well ventilated.
- 4 Make sure your bathrooms and attic have adequate ventilation. Mildew, mold and other problems are caused by excess moisture. Try to install exhaust fans and keep windows open when possible.
- 5 If you have items stored indoors that have mold or if mold is present in your home it may be a symptom of a more serious problem. If any one is ill, on medications or has asthma or respiratory problems, consider getting your home inspected.

- 6 Wash linens, rugs and curtains regularly. These, too, can trap dust which can harbor dust mites. Dust mites can be a source of allergic reactions.
- 7 Try to use natural cleaning products free of harmful chemicals. Vinegar, baking soda and simple soap are usually sufficient for most cleaning jobs.
- 8 Never mix household chemicals. Blending cleaning products can result in chemical reactions that produce noxious fumes. This could result in hospitalization and serious medical conditions.
- 9 Make sure air conditioners, humidifiers, dehumidifiers and ceiling fans are kept clean and dust free to prevent them from forcing impurities into the air while they operate.
- 10 Burn hardwood instead of softwood in fireplaces to cut down on pollution, and never burn any treated wood. Make sure all chimneys and flues are kept clean.

*In over 60% of illness in the U.S. the problem is either caused or exacerbated by the indoor air quality.*

If you think that something in your environment is affecting you contact us for a free consultation. [www.EnviroProz.com](http://www.EnviroProz.com)

