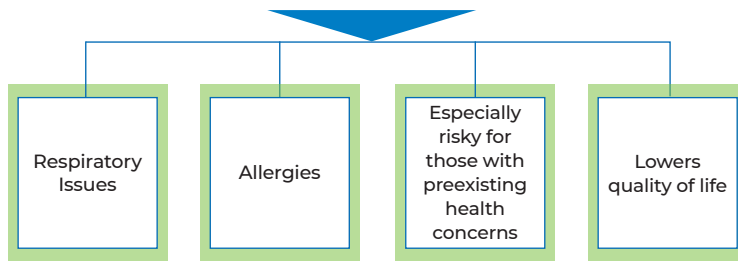


# Making Good Indoor Air Quality a Priority

## Strategies for Better Indoor Air Quality

Poor indoor air quality can have negative effects



### Ventilation is Key

- Open windows regularly to allow fresh air in
- Avoid high-traffic times if you live near busy roads
- Install exhaust fans in kitchens and bathrooms to remove excess moisture and reduce the risk of mold

### Use Natural & Low-VOC Products

- Choose cleaning products, paints, and furnishings labelled as low-VOC
- Make your own cleaning products using reusable containers

### Maintain Your HVAC System

- Schedule regular HVAC maintenance
- Replace filters frequently

### Incorporate Air-Purifying Plants

- Add houseplants like spider plants, peace lilies, or snake plants to filter the air naturally

### Control Humidity

- Keep indoor humidity between 40% and 60% to prevent mold and mildew
- Use a dehumidifier in damp-prone areas



Indoor air quality is a key tenet of healthy living and sustainable living. On average, Americans spend 90% of their time indoors, much of that in their own homes<sup>1</sup>.

### Limit Indoor Pollutants

- Prohibit smoking indoors
- Switch from paraffin candles to beeswax or soy
- Minimize or avoid using air fresheners
- Always use exhaust hoods when cooking

### Monitor and Purify

- Consider using air quality monitors
- Use an air purifier with HEPA filters

### Eco-friendly behaviors make a difference



<sup>1</sup> [epa.gov/report-environment/indoor-air-quality](https://www.epa.gov/report-environment/indoor-air-quality)