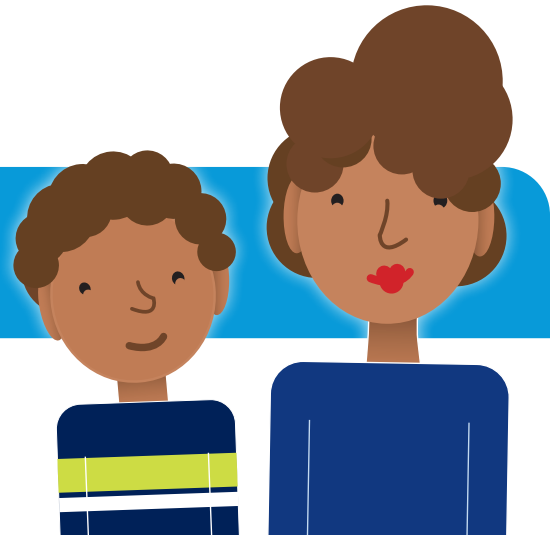


Four simple tips to keep your home and family healthy



The air you breathe can be harmful to your health. Poor indoor air quality can cause or contribute to the development of lung diseases such as asthma. Let us show you how to protect your family's health with these four easy and important tips for healthy indoor air.

1 Eliminate pests and molds

- Regularly clean tubs, sinks, window seals and other places where mold and mildew grow.
- Remove decaying debris from the roof and gutters.
- Immediately fix water leaks in the house.

2 Reduce dust, dust mites and pet dander

- Vacuum carpets, mop floors, dust furniture and wash bedding once a week.
- Remove shoes and place doormats at your home's entrance to prevent dust and pollen from entering.
- Encase bedding and pillows in dust mite covers.
- Keep pets out of bedrooms, off beds and furniture.

3 Improve household ventilation

- Open windows to let in fresh air.
- Control excess humidity in bathroom by running fans for 30 minutes after bathing.
- Reduce pollutants while cooking by opening a window or running the fan.

4 Keep furnaces, fireplaces and stoves clean

- Have the furnace cleaned, inspected and serviced annually by a licensed heating contractor.
- Change furnace filters every three months and use high quality filters.
- Install carbon monoxide monitors on every level of your home.
- Check fireplaces and wood stoves for proper, efficient operation.

Other tips . . .

- Quit smoking or vaping, and don't allow others to do so in your home. Refrain from burning candles or incense.
- Use the least toxic cleaning products available. Find safer cleaning recipes at wamhe.org.
- Schedule an annual flu shot because influenza can lead to serious respiratory problems.
- Check your local air quality at AirNow.gov and visit pollen.com for pollen count.

Start here:



Make healthy air in your home your goal!