

20 Ways to Manage the Indoor Air Quality in Your Home

Dust, Dust Mites and Pet Dander

1. Remove shoes before entering the house if possible. Place good quality, commercial grade doormats at all entrances. This will allow less tracking in of dust, pollen, mold and other toxic materials.
2. Minimize dust by vacuuming carpets, damp mopping floors, and dusting with a damp cloth at least once a week.
3. Wash sheets and pillow cases once a week.
4. Encase your pillows, mattresses, and box springs with dust mite covers if you are allergic.
5. Keep pets out of bedrooms if you are allergic.

Pests and Molds

6. Remove food and water sources for cockroaches.
7. Remove decaying debris from the roof and gutters.
8. Regularly clean tubs, sinks and other places where mold and mildew grow. If mold is present, remove using hot water and detergent.
9. To eliminate pests, use integrated pest management (IPM) and mechanical methods over chemical (flyswatters, mousetraps, flea combs, etc.).

Ventilation

10. Ventilate the house by opening windows to let fresh air in. Increase the flow of air within your home to prevent mold growth.
11. Control humidity by using bathroom/kitchen fans. Install 60-minute timers on bathroom fans to increase ventilation of moisture during and after showers or baths. Fans and clothes dryers should be vented outside.

Furnace, Fireplaces and Stoves

12. Have the furnace cleaned, inspected and serviced annually by a licensed heating contractor. Change or clean the furnace filters at least every three months. Be sure to use a good quality filter. Fiberglass filters are not considered effective.
13. During the heating season, maintain the indoor temperature between 60-68° F.
14. Have fireplace/woodstove checked for proper operation. Consider updating to a certified wood stove. Burn dry wood and provide enough air for the fire. Check the burn ban status at pscleanair.org/priorities/woodheating/Pages/burnbans.aspx

Other Tips

15. Do not smoke and do not allow others to smoke in your house. Avoid exposure to tobacco smoke.
16. Use the least toxic cleaning products available. To receive recipes for homemade green-cleaning products, please email mhe@lung.org.
17. Install carbon monoxide monitors.
18. Fix any water leaks in the house immediately.
19. Ask your healthcare provider about getting an annual flu shot, since influenza can lead to serious respiratory problems.
20. Check the local air quality by contacting Puget Sound Clean Air Agency at pscleanair.org or 1-800-595-4341. For pollen prevalence, visit pollen.com.

Request a Home Environmental Assessment at 206-512-3280
or request a Do It Yourself Assessment online at wamhe.org.

