

NATIONAL INDOOR AIR QUALITY MONTH

NATIONAL INDOOR AIR QUALITY MONTH IS OBSERVED ANNUALLY IN OCTOBER. WHILE OUTSIDE AIR POLLUTION GETS A LOT OF ATTENTION, IT'S THE AIR INSIDE OUR HOMES AND BUSINESSES THAT CAN BE DANGEROUS. MOST PEOPLE SPEND NEARLY 80-90% OF THEIR TIME INDOORS, SO THE QUALITY OF THE AIR WE BREATHE IS IMPORTANT.

EASY WAYS YOU CAN IMPROVE INDOOR AIR QUALITY

WHILE IT'S NOT POSSIBLE TO ELIMINATE ALL THE ALLERGENS INSIDE YOUR HOME, YOU CAN REDUCE THE NUMBER – AND YOUR EXPOSURE TO THEM – BY MAKING SOME SIMPLE CHANGES. HERE ARE SOME STRATEGIES YOU CAN USE TO IMPROVE AIR QUALITY INSIDE YOUR HOME AND HOPEFULLY IMPROVE YOUR ALLERGY SYMPTOMS:

KEEP IT CLEAN. A CLEAN HOUSE MAY BE A HEALTHIER HOUSE, BECAUSE GOOD INDOOR HYGIENE CAN GREATLY CUT DOWN ON DUST AND ANIMAL DANDER. YOUR CLEANING EFFORTS SHOULD FOCUS ON STRATEGIES TO REDUCE THE ACCUMULATION OF PET DANDER, MOLD, AND DUST LURKING IN YOUR HOME. FOCUS ON THE FOLLOWING:

- VACUUMING THE CARPETS AND AREA RUGS AT LEAST ONCE OR TWICE A WEEK WITH A VACUUM CLEANER EQUIPPED WITH A HEPA FILTER. OPTING FOR HARD-SURFACE FLOORING INSTEAD OF WALL-TO-WALL CARPETING MAY ALSO CUT DOWN ON ALLERGENS IN THE HOME.
- REGULARLY CLEANING BEDDING, DRAPES, AND OTHER ITEMS THAT TEND TO ATTRACT ALLERGENS— PARTICULARLY IF YOU HAVE PETS. ALSO CONSIDER USING DUST MITE-PROOF COVERS ON PILLOWS, AS WELL AS MATTRESSES AND BOX SPRINGS, WHENEVER POSSIBLE.

CHANGE YOUR FILTERS. IF YOU HAVE A FORCED-AIR HEATING SYSTEM, BE CERTAIN TO CHANGE THE FILTERS REGULARLY. ELECTROSTATIC FILTERS CAN HELP ENSURE THAT DUST AND OTHER AIRBORNE IRRITANTS GET TRAPPED INSTEAD OF BEING RECIRCULATED THROUGHOUT YOUR HOME.

INVEST IN AN AIR PURIFIER. IF YOU'RE ALLERGIC TO INDOOR ALLERGENS AND CAN'T CONTROL THE SOURCE OF THE PROBLEM – FOR EXAMPLE, YOU'RE UNWILLING TO GIVE UP YOUR FAMILY PET – IT MAY HELP TO USE AN AIR PURIFIER. PLACED IN THE MOST COMMONLY USED AREAS OF THE HOUSE, THESE DEVICES, IN PARTICULAR IONIC PURIFIERS, CAN HELP CAPTURE SOME OF THE IRRITANTS THAT MAY TRIGGER YOUR SYMPTOMS. YOU'RE PROBABLY NOT GOING TO BE ABLE TO REMOVE THESE ALLERGENS COMPLETELY, BUT YOU CAN CUT DOWN ON THEM, WHICH MAY HELP THE PROBLEM.

ALSO CONSIDER A **DEHUMIDIFIER** IN DAMP AREAS, SUCH AS A BASEMENT, TO HELP PREVENT THE GROWTH OF MOLD. ENSURE THAT BATHROOMS, ANOTHER POTENTIAL SOURCE OF MOLD, ARE WELL VENTILATED AS WELL AND SCRUB OFF ANY VISIBLE MOLD THAT COLLECTS IN THE SHOWER, ON FIXTURES, OR WALLS.

LET THE FRESH AIR IN. EVEN IN THE COLD MONTHS, OPEN WINDOWS FROM TIME TO TIME TO ALLOW FRESH AIR TO MOVE INTO THE HOUSE. ALSO, MOVE POTENTIAL AIR CONTAMINANTS OUT BY USING FANS IN THE KITCHEN TO REMOVE COOKING FUMES.

FOR MORE INFORMATION ON IMPROVING THE AIR QUALITY IN YOUR HOME, VISIT:

[HTTPS://WWW.EPA.GOV/INDOOR-AIR-QUALITY-IAQ/IMPROVING-INDOOR-AIR-QUALITY](https://www.epa.gov/indoor-air-quality-iaq/improving-indoor-air-quality)



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