



Indoor Air Home Checklist

People spend nearly 90% of their time indoors. Unfortunately, indoor air has been found to be up to 5 times more polluted than outdoor air! There are many easy and affordable steps you can take inside your home and indoor environments to reduce your family's exposure to indoor air pollution. Use this checklist to help identify and reduce air pollution in your home.



- Tobacco Smoke** Help smokers quit. Have smoker do so outside and with a designated smoking jacket. Visit <http://www.quitnow.net> or call 1-800-QuitNow for information and free support.



- Pets (Furry or Feathered)** Remove pet from the home. Brush and comb pet outside and more often. Bath pet more often. Wash hands after touching pet. Keep pet out of patient's bedroom.



- Carpets, Rugs, Drapes & Upholstery** Remove entirely, replace carpets with hardwood flooring, carpeting stores allergens. Use vacuums with HEPA bags and filters. Wash upholstered products if possible.



- Stuffed Animals** Limit the number in the bedroom, particularly on the bed. Wash more frequently in hot water.



- Bedding** Use dust mite/allergy proof covers for pillows and mattress. Avoid feather stuffed products. Visit www.allergysolution.com for a wide range of anti-allergen products.



- Dust** Wipe surfaces with damp cloth. Dust more frequently and when patient is out of the room or house.



- Pests (Mice, Rats, Insects)** Eliminate standing food and water. Fill holes in walls and around fixtures with steel wool. Contact Integrated Pest Management for professional help. <http://paipm.cas.psu.edu/>



- Fragrance & Personal Care Products (perfume, air fresheners, scented candles, hair spray, nail polish, etc)** Discontinue use, or use only away from patient. Substitute with natural products.



- Cleaning Products** Replace with cleaners that are made of organic ingredients such as plant derivatives and essential oils. If harsh products must be used, use ventilation and keep patient away during use.



- Mold and Mildew** Clean with water and light bleach or remove/replace moldy materials. If renting, exercise tenant rights to have mold removed. **Tenant Union Representative Network (TURN)** www.rturn.net



- Carbon Monoxide & Nitrogen Dioxide Gas** Space heaters, water heaters, stoves, oven, furnaces, fireplaces, generators, and other gas burning products may emit these gases, especially if not functioning properly. Carbon monoxide detectors are inexpensive and can be purchased at hardware stores.



- Radon** A toxic gas that comes up through the soil and rocks surrounding your house and seeps through cracks in concrete walls and floors, floor drains, sump pumps, joints, and hollow block walls. At-home tests are available.



- Kitchen/Cooking** Cooking generates particulate matter, especially frying food. Gas stoves and ovens may emit carbon monoxide and nitrogen dioxide. Cook with fans and vents running. Keep patient out of kitchen while cooking.



- Air purifiers, Ion Generators** Look into specific product information and owners manuals, some emit unsafe amounts of ozone. Replace older models. Clean and replace filter as instructed.



- Humidifier & De-humidifier** Use de-humidifiers to keep basements dry (helps avoid mold and mildew). Clean units frequently to prevent mildew and bacteria build-up.



- Clutter, Stacks of Papers, Books or Magazines** These attract dust, and create safe havens for pests. Organize, store in boxes, etc.



- Arts & Crafts supplies (markers, paints, glues)** Use non-toxic supplies, or use with extra ventilation.