

Tips for Improving Indoor Air Quality

Ventilation - If you increase the amount of fresh air brought indoors it can reduce the pollutants inside. Bathroom and kitchen fans, as well as whole house fans are a great way to remove stale air inside the home and bring in fresh air

Did you know that the average person breathes 3000 gallons of air each day. According to the U.S. Environmental Protection Agency (EPA), and that poor indoor air quality is the 4th largest environmental threat to our country.

Washington State recently passed a law effective as of January 2013 that all homes must be equipped with Carbon Monoxide Detectors. Existing owner-occupied single-family residences are exempt from this requirement except upon sale.

Be Smart About Products- Use materials, finishes and cleaning supplies that do not emit toxins .

Change Furnace Filters Regularly- Filters in your furnace work to collect dust and other pollutants. If you change your filters monthly your furnace will work at an optimal level and ensure as many pollutants are being trapped as possible.

Adjusting Humidity Levels- Monitoring your houses humidity levels decreases the likelihood of mold growth. Use your bathroom fans after showering and if you use a humidifier, make sure to regularly clean the unit and monitor the humidity level. Hardware stores have a humidity gauge and it is recommended to keep the humidity under 50%.

Housekeeping - Routine house cleaning can drastically reduce the amount of air pollutants in your home. Using a HEPA filter on a vacuum can capture even the smallest of particles. Using a damp mop on your floors and damp dusting keeps a lot of airborne particles from being released into the air and settling somewhere else.

Avoid Smoking Indoors

Change the way you live, change the world!

