

Indoor Air Quality

WOMEN
for a Healthy
ENVIRONMENT

Did you know that indoor air often has higher levels of toxins and pollutants than outdoor air?

How healthy is the air in your home? Much of your overall health can be improved by simply breathing **better air**. There are small things that you can do to help increase your air quality, which can make a big difference in

Factors that contribute to poor indoor air quality:

- **Poor ventilation** is a major problem said to cause half of all indoor air problems.
- **Toxic fumes** are emitted from products found around the home, school & office. Be careful to avoid **volatile organic compounds (VOCs)** found in paint, stains, adhesives, carpet, cosmetics, cleaning fluids, and air fresheners. **Many fragrances also contain toxic chemicals**. Reduce the amount of products you use that contain the mystery ingredient “fragrance,” which can contain over 3,000 different chemicals.

WHAT can I do?

- **Use low or no VOC paints and varnishes.** Opt for hard-surface floors.
- **Practice integrated pest management** by reducing sources of food, water and shelter for pests in your home. Use natural pest solutions.
- **Switch to green and natural cleaning products.** Vinegar and baking soda have proven to be effective cleaners and deodorizers. Use microfiber cloths and mops. **Avoid aerosols** and leave your shoes at the door!
- **Eliminate smoking** in the home and **avoid wood-burning** fireplaces.
- **Avoid air fresheners and candles;** instead try safer alternatives such as fresh/dried flowers, spices and pure essential oils such as lemon. Seek candles made from beeswax or soy.
- **Test for radon, asbestos, and lead** and install a carbon monoxide detector. **Seal leaks** in the home (roof, foundation, basement, etc).
- **Change your furnace/AC filters** every 3 months and vacuum carpets regularly (with a HEPA vacuum if you have one). **Dust frequently** to remove toxins that off -as from upholstered furniture.



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