

4 Tips to Improve Your Home's Indoor Air Quality

Most individuals spend 90 percent of their lives inside; indoor air quality has a significant impact on overall health. Fortunately, improving the air quality in your home or workplace is easy with steps that are simple to integrate into your maintenance routine.



HOW TO IMPROVE INDOOR AIR QUALITY

✓ 1. Monitor carbon monoxide levels.

To prevent CO from accumulating in your home:

- Hire a licensed professional to maintain and inspect the gas appliances in your home, such as a gas fireplace or furnace
- Warming up your car in the driveway instead of the garage
- Only use generators, grills and large lanterns outside
- If you have gas appliances, install CO on every level of your home and outside bedroom doors.

✓ 2. Assess and address the chemical use in your home.

Reduce your exposure to Volatile Organic Compounds (VOCs) by:

- Avoiding aerosol sprays, such as spray paint, deodorant, air fresheners or hairspray
- Purchasing cleaning products and air fresheners that use natural ingredients, such as essential oils, lemon, vinegar, baking soda or borax
- Purchasing fragrance-free or naturally scented soaps and detergents
- Use candles made of soy or beeswax instead of petroleum-based wax
- Using products with VOCs outdoors or in well ventilated areas
- Use houseplants known to filter the air, such as Boston ferns, spider plants, peace lilies, red-edged dracaena and chrysanthemums

✓ 3. Reduce the smoke emitted from your fireplace and stove.

- Opening the damper when starting a fire
- Knowing how the pressure in your home affects the fireplace's performance; if your home has negative pressure, for example, you may need to open a nearby window when starting a fire so the fireplace drafts smoke up the chimney instead of into your home
- Building smaller fires toward the rear of the firebox
- Installing folding glass doors on open fireplaces
- Installing a chimney cap if one is not present

✓ 4. Improve ventilation.

- Open a window
- Hire a licensed professional to clean and inspect the ducts in your home
- Run the exhaust fan in the kitchen or bathroom when you cook, clean and bathe
- Change the filters in your HVAC equipment monthly

Talk to an air quality specialist at AAA Heating & Cooling today to learn more about promoting a healthy environment in your home or office that does not sacrifice comfort.