

The inside story on air quality

7 simple ways to improve your home's air quality

- 1. Check your kitchen, bathroom(s) and basement** for any excess moisture, which can cause mould and odours. If found, seek help from a professional to get the problem solved.
- 2. Consider switching from commercial to natural cleaners** such as vinegar and baking soda, or green products that are fragrance free.
- 3. Professionally maintain your home appliances annually**, especially your furnace, heat pump and central air.
- 4. Pay particular attention to your carpeting.** New carpets can be a source of formaldehyde, and old carpets can hold mould, odours and other unhealthy things such as mites. Keep all carpets as clean and dry as possible. Vacuums with HEPA filters and central vacuum systems are considered the most efficient. If you are shampooing your carpet, follow the directions very carefully, as you may expose yourself to soap dust. If your carpet is water damaged and mouldy, it should be removed.
- 5. Install carbon monoxide detectors** throughout your home and never run your car in the garage — especially if it's attached to your home.
- 6. Do not store pesticides, old paint, and other chemicals** in your basement or garage. Ask your municipality for information on how to dispose of them properly.
- 7. Go green (literally) with live air filters** by growing plants in your home, especially Boston ferns, spider plants, rubber plants, and palm trees.