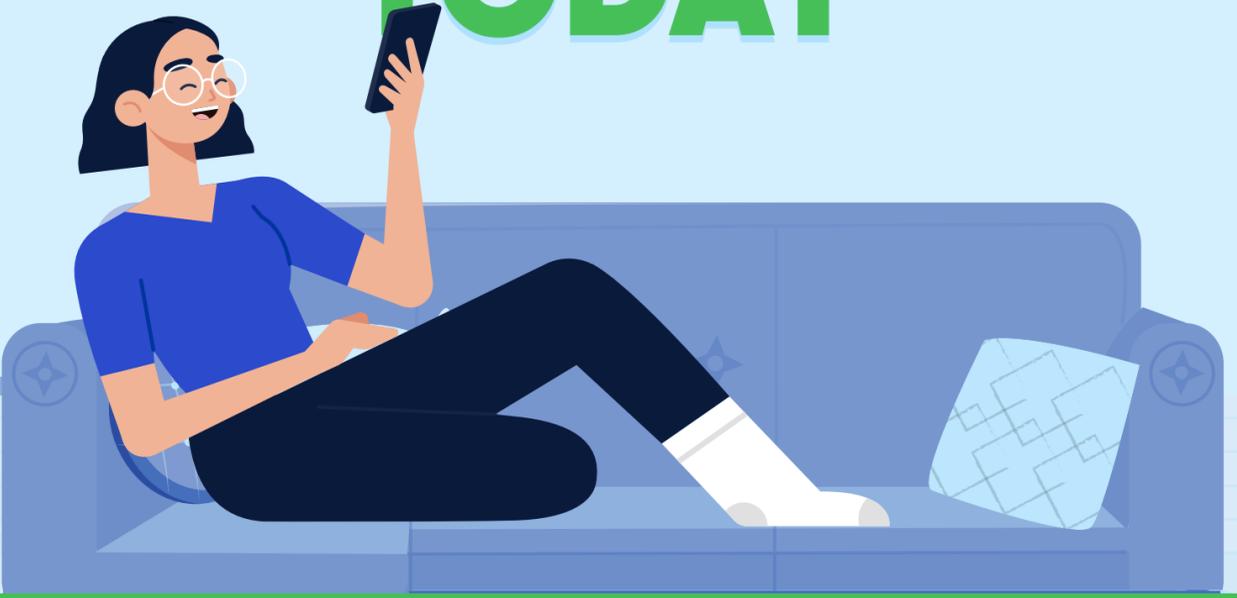


# 6 TIPS to Improve Your

# AIR QUALITY TODAY



Air quality in your house is just as important as the air quality outside your house. By following certain steps such as using a dehumidifier or an air purifier, you can ensure that your indoor air is just as clean and healthy as the air outside. Below we explain how to improve the quality of your home's air in this guide. Let's get into it:



## 1 Keep Your House Clean

Pollutants can be introduced into your home through dust and dirt. They can also come from chemicals and toxins that get trapped in the dust. This happens when we do things like clean or use products that contain harmful chemicals. The easiest way to improve indoor air quality is by keeping surfaces, including everything from floors to furniture, as clean as possible.

## 2 Take Inventory of What You Bring into Your Home

Everything from cleaning supplies and paints to furnishings and electronics can have an impact on indoor air quality. Look for products with low volatile organic compound (VOC) levels.

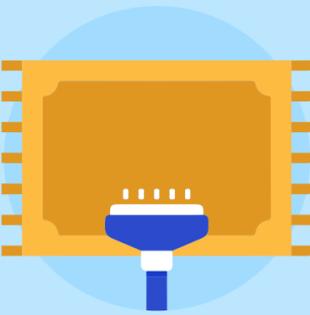


## 3 Address Moisture Issues in Your Home

Mold and mildew love damp environments, so check regularly for leaks or condensation and address problems as soon as they occur. Invest in a dehumidifier if needed.

## 4 Change Furnace Filters Regularly

Changing furnace filters is an inexpensive way to improve indoor air quality. However, replacing your furnace filter every one to three months prevents debris from entering indoor spaces through heating and cooling systems. If you live in a space with pets or smokers, changing your furnace filter more frequently may be necessary.



## 5 Steam Clean Your Carpets

Carpets trap dirt, dust mites, and pet dander deep within their fibers. For best results, have a professional come in annually to steam clean your carpets to remove this buildup and help improve the indoor air quality at home.

## 6 Use HEPA filters on your vacuum cleaner

Regular vacuum cleaners spread dirt and dust into the air as they clean, but heavy-duty models with HEPA filters will keep most of that dust inside the vacuum bag where it belongs.



### Before You Go

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