

## Tips for Healthier Indoor Air



**The Environmental Protection Agency estimates that people spend 90% of their time indoors, but that indoor air quality can be two to five times more polluted than outdoor air. Indoor air pollution can threaten the health -- and the lives -- of everyone in your family.**

**The single most effective way to keep the air in your home healthy is to keep things out of your home that cause air pollution, including cigarette smoke, excess moisture and chemicals.**

**The second most important strategy is to ventilate to pull dangerous pollutants out of the house. Run the exhaust fans in your bathroom and kitchen. Open your windows. Make sure you have a good exhaust system in place for appliances and stoves.**

**The American Lung Association offers 25 tips on how to keep the air in your home healthy.**

Here's a small sampling of them:

**Don't Allow Smoking Indoors:** Each year, second hand smoke sends up to 15,000 children to the hospital.

There is no safe level of secondhand smoke; never let anyone smoke inside your home.

**Don't Idle the Car in the Garage:** Carbon monoxide exposure can lead to weakness, nausea, disorientation, unconsciousness and even death. Fumes from cars or lawnmowers left running in enclosed spaces can endanger your health.

**Use Low-VOC Paints:** Paints release VOCs, or volatile organic compounds, for months after application. VOCs can include highly toxic chemicals such as formaldehyde and acetaldehyde. Use low-VOC or no-VOC paints, varnishes, and waxes.

**Clean Your Air Conditioner and Dehumidifier:** Standing water and high humidity encourage the growth of dust mites, mold and mildew. All of these can worsen asthma. Use a dehumidifier or air conditioner when needed, and clean both regularly.

**Beware of Dry Cleaning Chemicals:** Dry cleaning solvents can be toxic to breathe. Let dry cleaned items "air out" outdoors before bringing them inside.

**Avoid Toxic Household Products:** Hair and nail products, cleaning products, and art and hobby supplies can increase the levels of VOCs in your home. Some of the VOCs in these products have been linked to cancer, headaches, eye and throat irritation and worsened asthma.

To see the rest of their tips, please review [the featured Daily Green article](http://www.thedailygreen.com) at [www.thedailygreen.com](http://www.thedailygreen.com)

For more information on healthier cleaning products and personal care products visit [www.ewg.org/skindeep](http://www.ewg.org/skindeep)