

Live Healthy. Live Green.

Reduce indoor air pollution for a healthier home

- Do not smoke. Do not allow smoking in your house.
- Open windows as much as you can to let fresh outdoor air in.
- Live clean and green. Use baking soda, vinegar, plain soap, etc. and/or 100 percent biodegradable products that do not have chlorine, phosphates, and dyes. Paint with zero- or low volatile organic (VOC) compound paints. Use products with the EPA's "Design for the Environment (DfE)" on the label. Find out more from epa.gov/dfe.
- Have green houseplants, such as Boston ferns and spider plants. These absorb indoor air pollutants.
- Choose energy-efficient products, such as ones with an ENERGY STAR. Find out about these from energystar.gov.
- To help eliminate gases, odors, chemicals and particles, put an air filter or electronic air cleaner on your furnace. Or use a portable air purifier and/or a vacuum that has a HEPA filter.
- To limit mold growth, keep your house clean, dry, and well ventilated.

