

DO YOU KNOW WHAT YOUR BREATHING IN THE AIR IN YOUR HOME??

The air inside your home isn't as clean as you may think. Common air pollutants can lower the quality of the air you and your family breathe. Minimize your exposure to allergens by following these hints, and help your family to breathe easy.

- ▶ Allergens such as mold and dust mites thrive in humid conditions. These can cause nasal stuffiness, eye irritation, and can aggravate asthma. Prevent moisture from collecting in the kitchen, laundry room, and bathrooms by using the exhaust fans.
- ▶ Regular house cleaning, such as dusting or vacuuming, can help reduce dust mites, pollens, and pet dander. On dry days, open windows and air out the house. It will help with air circulation and dilute the concentration of pollutants in the air. Replace or clean your air conditioner's filter regularly. Many houseplants are natural air purifiers. Palms, ferns, and English ivy are among some of the most effective varieties.
- ▶ Make sure your stove and oven are properly ventilated and that the vents are not obstructed. When using household cleaners, do not mix any chemical products as they may be harmful if inhaled. Consider using natural products to clean such as baking soda, lemon juice, salt, vinegar, and borax. Permit smoking outdoors only, and try to limit the use of candles, incense, or other products that produce soot.
- ▶ Given some attention, the quality of air in your home can be greatly improved. Soon you won't need to go outside for a breath of fresh air.