

10 Ways to Improve Air Quality at Home

- Use non-gasoline powered yard maintenance equipment or purchase 4-stroke engine models that release fewer emissions.
- Change your air conditioning filter. While filtering out common air pollutants, air filters become clogged overtime. Not only does this cause trouble with your indoor air quality, it also wears down your AC system.
- Use cooking vents. Many indoor air pollutants come from the kitchen. Gas stoves release harmful contaminants including carbon monoxide and nitrogen dioxide, so be sure to turn on your kitchen vent.
- Avoid using oil-based paints or other hazardous household solvents. When painting, apply paint with rollers and brushes instead of sprayers to cut down on fumes. When cleaning, try baking soda or other “natural” products.
- Keep your air conditioner set at 78 degrees in the summer and furnaces at 68 degrees in the winter to lessen the need for electricity. Consider unplugging unused appliances to further conserve electricity.
- Buy indoor plants to freshen the air. Plants are nature’s natural air filters. Buying some indoor plants can help to improve your indoor air quality while enhancing your home’s décor.
- Keep your rugs and carpets clean. Rugs and carpets act as their own filters, trapping dust and other particles in their many fibers and should be cleaned regularly.
- Use an air purifier. Putting an air purifier in your home is one effective way to keep your air cleaner. You may want to opt for an air purifier with a high efficiency particulate absorbing (HEPA) filter since these tend to do the best job of removing harmful particles from the air.
- Refrain from burning trash or yard waste as this contributes to particulate matter pollution. Consider recycling or composting instead.
- Stay informed about Air Action Days when the air quality index gets into an unhealthy range. Sign up for Air Action Day email notifications at enviroflash.info for up-to-date information on air quality forecasts.

For more info, visit <http://gcmpc.org/air-quality-awareness/>

