

When you hear about air pollution, you probably think about the air outside. But indoor air quality plays a vital role in your everyday health. We spend most of our lives inside, making it important for your health to be proactive about keeping the air you breathe clean and free from dust, mold and chemicals.

So, how can you improve the air quality in your home?

The Best Ways to Improve **Air Quality** in Your Home



TAKE YOUR SHOES OFF

as soon as you walk into your home. Shoes carry in germs and dirt that spread throughout your living space.



WIPE DOWN YOUR WALLS

regularly as they tend to harbor countless germs and pollutants.



MINIMIZE USE of household cleaners. These chemicals can get into your air and irritate airways.



GROOM PETS OFTEN

to remove allergens including dander and excess hair.



USE TRICKLE VENTILATORS

to filter airflow from the outdoors into your home and to remove toxins that may seep in.



CLEAN RUGS AND CARPETS

regularly to remove dust and other particles that get trapped in the fibers.



**FACT
#1**

12%

of premature deaths due to stroke are linked to household air pollution.

**FACT
#2**

**3.8
MILLION**

people die prematurely each year from illnesses attributed to indoor air pollution.