

ENTRYWAYS

- Shake out entry rugs to keep pollen out
- Add doormats on both sides to catch dirt and lawn chemicals
- Create a “No Shoes” policy indoors to keep bacteria outside
- Start a pet care checkpoint with wipes close by for muddy paws

LIVING ROOM

- If the sun is shining, open the windows to air out your home
- Switch to a HEPA filter vacuum to help better eliminate dust mites, pet dander and dirt
- Add plants to neutralize air and create oxygen
- Sanitize hand-held devices
- Wash curtains and clean blinds



GARAGE

- Inventory chemicals and store them safely away from pilot lights and children
- Safely dispose of old paint and solvents
- Store all gasoline in no-spill containers



BATHROOM

- Replace vinyl shower curtains with washable ones
- Ditch store-bought grout cleaner and make your own with baking soda and hydrogen peroxide
- Replace cracked caulk to discourage mold growth
- Wipe down handles, faucets and light switches

tiny tweaks for a HEALTHIER HOME

It's impossible to avoid every hazard that life throws our way. From sneaky allergens to hidden chemical exposure, unseen risks exist. Yet, you can make your home a healthier haven for you and your family with a few simple changes. Ready to start? We have your room-by-room checklist right here!



BEDROOMS

- Place dust covers on pillows and mattresses to keep dust mites out
- Let your bed “air out” before making it each day, allowing moisture to evaporate
- Choose chemical-free furnishings with natural fibers

KITCHEN

- Use organic cleaning solutions and safely toss toxic ones
- Filter tap water for drinking
- Recycle BPA-containing plastic containers
- Get rid of hidden germs and bacteria by tossing cracked cutting boards
- Clean food-prep areas thoroughly and often

LAUNDRY ROOM / PET AREA

- Seal pet food to keep pests and rodents away
- Launder pet bedding in hot water to kill fleas naturally
- Clean dryer vents to prevent lint clogs
- Check dryer ventilation to be sure moisture stays outdoors and doesn't build up indoors



BASEMENT

- Check radon levels
- Schedule an HVAC inspection
- Clean or replace HVAC filters every three months
- If you have a sump pump, be sure it's operational