

Is Your Home Healthy?



Keep your space dry – Aim to keep your humidity below 65% - ideally between 30% and 50% if you are sensitive to dust mites. Use an inexpensive humidity monitor to see how the levels are doing in different rooms. Steps you can take:

- Use exhaust fans when you bathe.
- Use a fan or open the doors and windows when you cook.
- Run the air conditioning system when it is humid outside. But don't use a really cold setting – otherwise you risk causing condensation.
- If you air-dry your clothes, do it on an outdoor rack, not indoors.
- Make sure air is circulating. Don't block any vents; move boxes that are near to vents.
- Open your windows to increase ventilation

Test your home for radon - an odorless gas that causes lung cancer.

Read more at these helpful guides:

"Help Yourself to a Healthy Home"
a guide from Housing and Urban Development.
<https://community.sh/2MdR4Yy>

"Ten things you should know about mold"
a guide from the US Environmental Protection Agency
<https://community.sh/2H4AUfT>

"5 Minutes to a Healthier Home"
a guide from Housing and Urban Development
<https://community.sh/33tp3Bn>

Find radon testing kits via your state radon office. Learn more at
<https://community.sh/2R33OBO>

Keep harmful chemicals out –

- Many household products have harmful fumes, including bug spray, nail polish remover, paint thinner, and many cleaning products. If you have a shed, use it for any products labelled "warning" or "use in a well-ventilated area".
- Consider using safer cleaning products: baking soda (for scrubbing) and vinegar (to cut grease) instead of commercial products.
- Avoid air fresheners and disinfectant sprays.

Don't invite bugs in –

- Keep your kitchen garbage in a tightly covered can
- Clean up food immediately.
- Keep food stored in tightly covered containers.
- If you see bugs, use pest control items labelled as "traps" rather than sprays.