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.

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.

Read more at these helpful guides:

“Help Yourself to a Healthy Home”
a guide from Housing and Urban Development.
https://community.sh/2MdB4y

“Ten things you should know about mold”
a guide from the US Environmental Protection Agency
https://community.sh/2H44JU

“5 Minutes to a Healthier Home”
a guide from Housing and Urban Development
https://community.sh/33tp38n

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

Web: www.self-help.org/green