



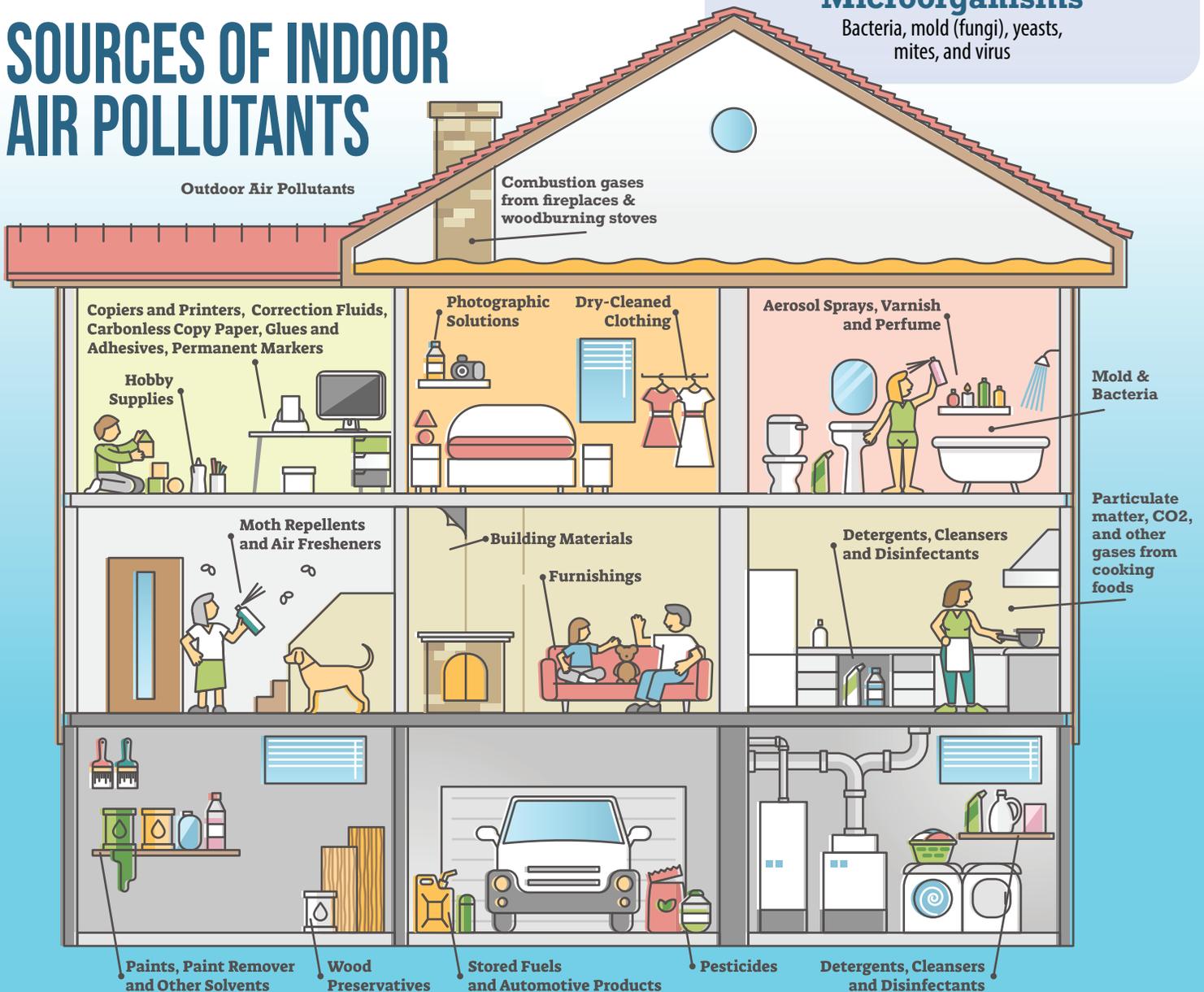
# Healthy at Home

## A Look at Indoor Air Quality

As fall morphs into winter, and the weather turns cold, many of us are spending more time in our homes. From working remotely, eating “in”, and cozying up to watch a favorite series, to replacing vacations with staycations, and taking other measures to contend with high inflation and increased costs, home has become ‘home base’.

One important way you can protect your (and your family’s) health is to ensure the best possible air quality within your home. While keeping a clean home is important, cleaning alone will not prevent viruses and other germs and pollutants from being dispersed through the air at home. This month we’re taking a closer look at the sources of indoor air pollutants, and how to improve indoor air quality.

## SOURCES OF INDOOR AIR POLLUTANTS



## WHAT'S IN INDOOR AIR?

### Airborne Particles

Dust, smoke, pet dander, plant matter, carbon, hair, pollen

### Household Odors & Gases

Cooking odors, sink/drain smells, chemicals, pet smells, cigarette smoke

### Volatile Organic Compounds (VOC's)

Cleaning supplies and chemicals, glues and varnishes, wood preservatives, paints, office equipment/printers, furniture

### Microorganisms

Bacteria, mold (fungi), yeasts, mites, and virus

# IMPROVE YOUR INDOOR AIR QUALITY

## Dust regularly

to prevent buildup of allergens and other pollutants. Wash & vacuum carpets and furniture weekly to reduce dust buildup.



## Moisture matters

Watch for moisture on walls and windows; repair any plumbing leaks. Maintain home humidity at 30-50%.



## Replace HVAC air filters

at least every 90 days. Pleated polyester filters and HEPA filters generally offer more filtration than the fiberglass flat panel filters.



## Call in the pros

Have your air ducts cleaned every 5 years and keep your HVAC system maintained twice per year to ensure efficiency and proper operation.



## Air purifiers

Available in individual portable units that plug into a wall or whole-house air purifiers that are usually connected to your HVAC system.



## Ventilate

Remove air pollution by using ventilation fans in the kitchen, bathroom, and laundry room. Always use the range hood fan when you cook, and the bathroom fan every time you shower. Open windows to increase fresh air in your home whenever possible.



## Be choosy!

Select cleaning products that are marked as "low" or "no VOCs"; these are often shown as environmentally friendly as well.



## Plants

Keep potted plants in your home. Snake plants, peace lilies, English ivy, Boston fern and others remove indoor toxins and help purify the air.



## Take it out!

Store toxic or volatile compounds such as paints, solvents, cleaners and pesticides outside. Install a door closer to ensure doors between houses and garages do not accidentally stay open.



# Lemon Ginger Tea

WITH MINT & HONEY



## Ingredients

- 1 tablespoon fresh grated ginger
- 3 lemons, sliced
- 4 cup hot water
- several mint leaves
- honey, to taste

## Instructions

- Boil water in a pan with lemon slices.
- Add the fresh ginger and mint into the pan.
- Place a slice of fresh lemon on the edge of your cup.
- Pour boiling water into the cup and let the lemon, mint, and ginger steep for several minutes before serving.
- Add honey to sweeten and serve!



PREP TIME: 2 MINUTES • COOK TIME: 5 MINUTES • TOTAL TIME: 7 MINUTES