Your Healthy House

To keep the indoor air clean, smoke outdoors, away from fans and windows.

Use your ventilation fan to eliminate excess moisture and stale air.

Put a lid on steaming pots to keep home humidity low.

Vacuum carpeting often, clean with a damp cloth to discourage dust mites and other critters.

Wipe your feet on a door mat to keep dirt and water outdoors.

To avoid mold, try to keep your home's humidity below 35% and the temperature about 70°F.

Open windows when possible, to remove moisture for fresh, clean air.

Wipe up spills right away to keep your home dry and mold-free.

Make your home toxin-free.

Store gas, oil, paint, and other poisons in lock cabinets outdoors and away from children.

Repair all damages to your home, to keep out pests, cold and moisture.