

Make Your Home a Healthier Place

Simple steps to help keep your home environment healthier

Get rid of excess moisture

Excess moisture can cause mold to grow. Mold can cause allergic reactions or asthma attacks. You can't get rid of all spores – they're always floating through the air or in your home's dust. But without moisture, mold can't grow. Controlling moisture is key to solving your mold problem.

- Turn on vent fans in your kitchen or bath to remove dampness. Turn them off when you're finished to avoid removing conditioned air.
- In rooms without vent fans, open a window to increase ventilation.
- Fix leaky faucets immediately.
- Keep air conditioning drip pans clean and lines flowing properly.
- Insulate cold water pipes to avoid condensation from forming.
- Consider installing a humidity control system, such as a dehumidifier or an option for your central air system.

If mold is already present in your home, please visit one of the following sites for additional information:

www.epa.gov/mold

U.S. Environmental Protection Agency

www.cdc.gov/mold/dampness_facts.htm

The Centers for Disease Control & Prevention

www.aaaai.org

American Academy of Allergy Asthma and Immunology

www.healthhouse.org

The Health House



Sleep easier by controlling unwanted guests

Your bedroom may be a haven for dust mites and fungi, which can provoke allergies and asthma attacks.

- Remove clutter, take stuffed toys off the bed and close the closet doors.
- Wash sheets and pillowcases in hot water every week. Choosing white linens lets you safely use bleach to kill dust mites without discoloring fabric.
- If pillows can't be washed, fluff them for a few minutes in a hot dryer.
- Encase pillows and mattresses with dust mite covers.
- If humidity is a problem, use a dehumidifier and keep the tray clean and dry.
- Vacuum carpets regularly using a HEPA filter or central vacuum. Standard upright vacuums may stir dust and allergens.
- Look for carpet treatments designed to kill dust mites.
- Consider replacing your carpet with hardwood floors, which give dust mites and spores less room to grow.