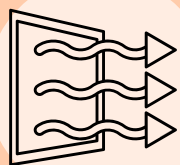


10 HEALTHY HOME TIPS

Better Indoor Air Quality

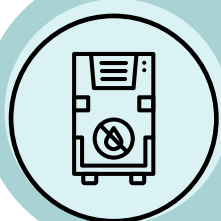


01. Change Filters

1. Change Air Filters: Replace HVAC filters every 1-3 months to trap dust and pollen.

Houseplants: Use air-purifying plants like spider plants and snake plants.

02. Plants

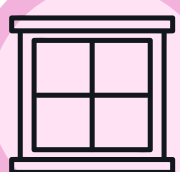


03. DeHumidifier

Dehumidifier: Keep humidity between 30-50% to prevent mold growth.

Vacuum & Dust: Use a HEPA vacuum and dust with a damp cloth regularly.

04. Dust



05. Close Windows

Close Windows: Keep windows closed on high pollen days; use AC instead.

Natural Cleaners: Opt for fragrance-free, natural cleaning products.

06. Cleaning



07. Air Purifier

Air Purifier: Install a HEPA air purifier to remove airborne allergens.

Wash Fabrics: Wash bedding and curtains in hot water to kill dust mites

08. Laundry



09. Ventilation

Proper Ventilation: Use exhaust fans in the kitchen and bathroom.

Shoes Off: Remove shoes at the door to keep allergens out.

10. Shoes

