

Healthy Home Checklist:

Do it yourself Measures:



Change your AC filters

- Indoor air quality increases, pollutants decrease
- change them monthly, clean accessible air duct grills where you can.



Consider Deep Cleaning the rugs

- Rent shampoo cleaning machine (Home Depot) and deep clean all rugs in your home.
- Let them dry and do it again the next day. Ensure windows left cracked for proper drying.



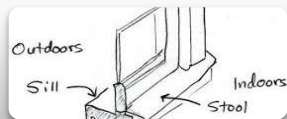
Take down all curtains and shades

- Remove all curtains and shades in order to dust top ledges of windows.
- Inspect top ledges for caulking opportunities, wash curtains, wipe shades down.



Clean out drawers, closets, attics, basements.

- Open/Clean underneath sinks, dispose expired chemicals and anything flammable.
- Ensure no cardboard or cloth materials are touching foundation floors or walls.



Open up windows, wash them inside and out.

- Natural sun light kills unwanted bacteria in your home. Clean the windows inside and out.
- Wipe down all screens, sills, and stools.



Buy Spider Plants

- Chlorophytum (Spider Plant) is well known for filtering out harmful toxins in the air.



Buy Air Purification system

- If you have central air you can hire someone to put one in the ducted system.
- Room plug in units do work well, prioritize them for seniors, infants, and carpeted rooms first.

Hire a professional Measures:



Have the AC coil cleaned

- Also consider have a UV filter installed according to EPA guidelines inside the air handler.



Duct Cleaning / Sealing

- Inspect/clean/test the dryer vent to ensure its venting properly.