

# Improving Indoor Air Quality

*What can I do to improve my air quality?*



## Particulate Matter

- Use a fan fitted with a HEPA filter.
- Vacuum and dust regularly.
- Cook with the extractor fan on.
- Use candles instead of burning incense.
- Don't open windows next to very busy roads.

## Volatile Organic Compounds (VOCs)

- Use solid or liquid cleaning products which are allergy friendly or chemical free rather than sprays.
- Only burn candles in large well-ventilated spaces.
- Consider buying low VOC paints and furnishings.

## Gases (CO, CO<sub>2</sub>, NO<sub>2</sub>)

- Cook with the extractor fan on.
- Keep rooms well aired by opening windows 5-10 minutes a few times a day when you're using them.
- Don't smoke indoors.
- Get more houseplants (these also help reduce VOC's and particulate matter).

## Damp and Mould

- Prevent condensation by trying to keep your home between 18°C and 21°C in colder months.
- Dry washing outside, or inside in well-ventilated rooms (like a bathroom with the extractor fan turned on).
- Shower with the window open or extractor fan turned on to prevent condensation.