

# 5 Tips for healthier indoor air

## 1 Ventilate

One of the best ways to reduce indoor air pollution and your exposure to the airborne particles associated with poor health is to ensure your home is properly and continuously ventilated; make sure a ventilation system is installed, well maintained and switched on.

Children's bedrooms can often be the most polluted rooms in the house, with up to 45% having high levels of carbon dioxide caused by a lack of ventilation.



## 2 Go natural

Swap your aerosols for roll-on and choose eco-friendly household products.

Volatile organic compounds (VOCs) from consumer products can contribute 10-20% of total VOCs indoors, similar to the amount that transport contributes to outdoor air pollution.



## 3 Vacuum Clean

Clean your carpets regularly.

Carpets can be 4,000 times dirtier than a toilet seat as they harbour dirt, pet hair, fungus and other harmful particles that can cause allergic reactions and asthma symptoms.



## 4 Free your feet

Remove your shoes when you get home to stop pollutants spreading.

Shoes can bring in unwanted chemicals, dirt and dust from outside; 96% of shoes contain over 420,000 units of bacteria.



## 5 Dry wise

Dry your clothes outside or in a room that has a ventilation system e.g your bathroom.

65% of Europeans dry their clothes indoors but this can lead to damp and mould which is responsible for 2.2 million asthma cases and the degradation of your building fabric - which can release nasty toxins into your home.

