



HOW HEALTHY IS YOUR HOME?

Pollutant levels inside your home can be two- to five-times higher than outdoors. Considering that most people spend 90 percent of their time indoors, this is a great time to start improving the environment inside your home.

A great place to begin improving your indoor environment is by decluttering your home. Dust and bugs inhabit places where there are stacks of papers, magazines, clothes and boxes. Sort through your stacks and eliminate at least 75 percent of each pile. If it is at the bottom of the stack or in a box you probably are not using it. Consider giving away or donating your extra items to a local non-profit.

Research shows that the bacteria lurking in the dust in your house may trigger asthma in some people. If someone in your home suffers from severe allergies or asthma, you need to keep dust at a minimum level in your home. A good way to do this is to clean frequently. Here are some cleaning tips.

1. Dust with a damp cloth
2. Vacuum frequently, using a vacuum with a high efficiency filter
3. Vacuum upholstered furniture
4. Replace or clean air filters at least every three months
5. Place a doormat in front of every exterior door
6. Remove your shoes and leave them by the exterior door

For more information visit www.georgiahealthyhousing.org.