

How to Create a Healthy Home Environment

The following is a list of effective ways to improve indoor air quality, thereby reducing allergen load. Having a healthy home environment is important for everyone, but especially so for those that experience allergies, frequent infections, asthma, and chronic sinus issues.

- Don't wear shoes indoors.
- Replace your furnace filters every 6 weeks with high quality pleated filters that are rated at least MERV 7-9. MERV stand for Minimum Efficiency Reporting Value, and higher ratings indicate better filtration ability.
 - Available at any hardware store. Canadian available brands include Garrison, Endust, www.furnacefilters.ca
- Consider getting an air purifier. Make sure you get one with enough CFM (cubic feet of air purified each minute) to clear the air in your bedroom at least once every 30 minutes.
 - Recommended brand is IQAir www.iqair.com (Canadian retailer is www.insideair.ca – use discount code 5023 for an extra 5% off)
- Hang dry-cleaning air out in the garage or car trunk for a week before bringing them into the house.
- Do not smoke indoors.
- Consider replacing any carpet with tile, stone flooring or hardwood.
- Use non scented laundry detergent and fabric softener. Vinegar works as an effective fabric softener.
- Use personal care products that are free from phthalates, parabens and other chemicals. The Skin Deep Cosmetic Database (<http://www.ewg.org/skindeep/>) has rated the health of thousands of different personal care products. More information on healthy alternatives can be found at www.safecosmetics.org and www.lesstoxicguide.ca.
- Use healthy household cleaners. Information on making your own products, and purchasing less toxic alternatives in retail stores can be found at www.lesstoxicguide.ca.
- Follow the step-by-step reduction of indoor air pollution sources in **Clean, Green, Lean** by Dr. W. Crinnion (Wiley, publisher).