

# 5 WAYS TO IMPROVE AIR QUALITY IN YOUR HOME

Whether you're inside or outside, the air you breathe has a significant effect on your long-term health, and studies have even connected poor air quality to lung cancer, heart disease, and other conditions.<sup>1</sup>

With that in mind, check out these tips on how to make the air inside your property cleaner and healthier.

## 1. Let Your Space Breathe



- Open doors between rooms and position furniture away from walls so air can move.
- **Open windows** if it's not humid outdoors.
- Make sure moisture-generating appliances such as dryers are **funneling moisture outside**.
- **Turn on the stove fan** when you're cooking.

## 2. Floors Need Love Too



Floors can quickly become a petri dish of dirt, dust, mold spores, dust mites, and pet dander, all of which impact on indoor air quality.

- 1) **Vacuum** regularly.
- 2) **Mop** or scrub surfaces.
- 3) **Remove your shoes** to avoid bringing in outside pollutants.

## 3. Embrace Eco-Friendly Products



- **Use biodegradable, dye-free cleaning products** made from plants and natural ingredients.
- For fragrances and diffusers, **use essential oils**, which have antibacterial properties.
- **Use beeswax candles**, which are less toxic than paraffin candles and have natural air-purifying effects.

## 4. Houseplants Are Your Friend



According to a study by the American Society For Horticultural Science,<sup>2</sup> **house plants can improve indoor air quality** by reducing pollutants. Some plants to filter toxins from the air include:

- Snake Plant
- Spider Plant
- Peace Lily
- Golden Pothos
- Lady Palm
- English Ivy

## 5. Groom Your Pets



**Pets' dander** (skin cells) and fur can trigger allergies and asthma, and in severe cases contribute to the development of mold. In addition to thoroughly vacuuming and cleaning your property, your best way to mitigate these irritants is by **grooming your pet frequently**.

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Think you may have found mold in your home or business? Find your nearest STOP location at [STOPrestoration.com](https://www.stoprestoration.com) and give us a call, 24/7. We'll inspect the space and create a plan that addresses your concerns.



1. <https://www.epa.gov/report-environment/indoor-air-quality>

2. <https://journals.ashs.org/horttech/view/journals/horttech/19/2/article-p286.xml>