



Total Household Management

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Help with Indoor Air Quality

Poor indoor air quality can irritate allergies, asthma, and contribute to ill health. Here are some things you can do to reduce toxic chemicals and mold-causing moisture in your home. Start following these simple steps today to improve indoor air quality for you and your family.

- ☀ Add lush plants to your home decor – they purify the air and improve the oxygen levels.
- ☀ Remove or replace any water-damaged carpet, which is a breeding ground for mold
- ☀ Keep your home a non-smoking zone
- ☀ Switch to environmental cleaning products and stop spraying chemical disinfectants
- ☀ Clean ovens, stove top, and bathrooms regularly to eliminate sources of mold and mildew
- ☀ Go fragrance-free when selecting shampoo and other personal care products
- ☀ Dust surfaces, vacuum flooring, and launder bedding regularly to reduce dust mites
- ☀ Use your kitchen fan when cooking to ventilate odours and moisture from cooking.
- ☀ Use the bathroom fan during showers or baths, and for 15 minutes after
- ☀ Don't idle the car in the garage, as the carbon monoxide fumes can enter your home
- ☀ Verify that fireplaces and ventilation fans are vented properly