

Home Indoor Air Quality In 10 Easy Steps



Step 1: The Roof. Make sure that there are no roof leaks and that chimney and vent caps are intact. Leaking roofs can cause mold growth in either the ceiling or the space between the roof and the ceiling. Repair or replace leaking roofs and use CaliWel industrial paint to prevent mold growth if the leaks come back.



http://www.aniline.com/products/Alistagen/alistagen_caliwel.html

Step 2: The Bedroom. Remove old worn carpets, window treatments, and mattresses since these are the primary sources of dust and dander in the house. Use washable curtains, area rugs and allergy free mattress covers. Make sure you bathe or shower (decontaminate allergens), then dry off thoroughly, before you get into bed to keep your bedding clean and dry.



Step 3: The Bathroom. Use natural cleaning products to avoid harsh chemicals that may aggravate allergies and asthma. Check wooden (particle board) vanities for mold. Make sure that the tile grout is in good repair to prevent mold growing behind the walls, or under the floor. If you have ceiling mold growth, consider painting the bathroom ceiling with CaliWel anti-mold paint. Hint: Line your grout lines with CaliWel paint to prevent mildew. Use a plumber's snake, boiling water and baking soda to keep your drains clear.



Step 4: The Kitchen. Again natural cleaning products are recommended. Kitchen cabinets, behind refrigerators and dishwashers should be checked for mold. CaliWel HVAC paint may be used to curb the growth of mold in kitchen vents.



Step 5: The Living Room. Remove old worn carpets, window treatments since are reservoirs of dust. Use washable curtains, area rugs, and natural upholstery materials for furniture.



Step 6: The Garage. If you have an attached garage, get a garden shed to keep your lawn mower, gasoline, and household chemicals in. ☺ When cleaning dust use a vacuum with a HEPA filter and static cloths to prevent putting dust into the air. Wear a N95 dust respirator if you are bothered by dust. Dust respirators are available at most hardware stores.

Step 7: The Basement. Keep your basement clean and uncluttered. Check for mold and make sure that anything that cause mold growth, like cardboard boxes are kept off the floor. Keep humidity below 70% to retard mold growth. A moisture control ventilator (Wave brand or equivalent) may be more effective than a dehumidifier. If your basement has leaks, try digging up the flower beds to 18 inches and mixing in some peat moss to fix water channels on the basement walls. [Usually homes with leaking basements have not had the flower beds dug up in 20 years.]



Step 8: The HVAC System. The Heating, Ventilation, and Air Conditioning system should be service annually. Consider installing a whole house sub-micron furnace air filtration (like the ECOairflow Model 1500). Change your furnace filter at least twice a year to prevent blow out (all over the furnace room floor). Make sure that there is no electric arcing to produce ozone that may aggravate allergies and asthma. Your HVAC system humidifier should control humidity in the 50 to 60% range for best comfort and to prevent nose bleeds. If your house is built tight for energy conservation or you have a steam or hot water heating system, consider installing an air-to-air heat exchanger to assure adequate ventilation.



Step 9: The Yard. Use organic alternatives to conventional lawn chemicals which may aggravate allergies and asthma. Use mulch and ground cover plants to keep soil from drying out and blowing around.

Step 10: The Neighborhood. Be aware of construction and landscaping projects near your home. Construction and landscaping causes a lot of dust that may aggravate allergies and asthma. Also, nearby highways, gasoline stations, and industrial plants may affect indoor air quality.



If you are under the care of a physician follow his or her's instructions, and take your medication as prescribed. Saline sprays and Breath Right strips are fine. Self medicating with over the counter cold or allergy medicines may cause irritated nasal passages, high blood pressure and other unwanted complications.

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