

How does your air fare? Indoor Air Quality Checklist

According to the American Lung Association, Americans spend over 90 percent of their lives indoors. The U.S. Environmental Protection Agency (EPA) found that the air inside homes across the United States is two to five times more polluted than the air outside. Whether at home, school or work, taking steps to improve the air quality in your living space is a necessary first step to healthier living.

The manufacturers of The Freshaire Choice™ Paint have dedicated their efforts to providing homeowners with a new way to freshen up the look of their home without putting their families in harm's way. Here are some other tips from the EPA that can help as well:

Does anyone smoke in the home or car?

- Yes
- No

Prevention tip: Keep the car and home smoke-free and do not allow visitors to smoke inside. If they must smoke, make sure all windows in the house or car are open.

Have you painted or re-wallpapered a room of your house in the last six months?

- Yes
- No

Prevention tip: Household paints, wallpaper, chemical strippers and glues emit harmful vapors, sometimes for months following application. The key to creating a safer environment is to buy products with no VOCs, avoid wallpaper in high moisture areas and follow all recommendations regarding application, removal and ventilation.

Are your old paint cans still sitting around your house in a closet or garage?

- Yes
- No

Prevention tip: Estimate the amount of paint you need as closely as possible. If there is extra, safely discard. Since gases continue to leak from closed paint cans, storing them for later use is not recommended.

Does the heating and cooling system use filters?

- Yes
- No

Prevention tip: If so, change the filter in the heating/air conditioning unit every two to three months as recommended. Find a contractor to properly clean your air ducts.

Are supplemental heating sources used? (Check all that apply)

- Fireplace
- Wood-burning stove
- Unvented kerosene or gas space heater
- Other _____

Prevention tip: Properly ventilate the room where a fuel-burning appliance is used. Use appliances that vent to the outside whenever possible. If using a fireplace, make sure the smoke escapes properly through the chimney. If using a wood-burning stove, check that the doors are tight-fitting. If using an unvented kerosene or gas space heater, follow the manufacturer's instructions for proper use and adjustment.

What do you sleep on? (Check all that apply)

- Mattress with box springs
- Sofa
- Other _____

Prevention tip: Cover mattress in a dust-proof, zippered cover. Clean the cover according to manufacturer's instructions.

What types of bedding do you use? (Check all that apply)

- Bedspread (i.e. comforter, quilt)
- Blankets
- Pillows
- Sheets
- Other (i.e. sleeping bag)

Prevention tip: Choose washable bedding. Wash bedding regularly in hot water and dry completely. Cover pillow in a dust-proof, zippered cover. Clean the cover according the manufacturer's instructions.

What type of floor covering is present? (Check all that apply)

- Carpeting
- Hardwood floor, tile or vinyl flooring
- Throw rugs
- Other _____

Prevention tip: Vacuum carpets, area rugs and floors regularly. If possible, use a vacuum cleaner with a high efficiency filter. Mop hard surface floors regularly. Wash throw rugs regularly in hot water and dry completely.

Does your house contain upholstered furniture?

- Yes
- No

Prevention tip: Cover upholstered furniture with washable slipcovers or sheets. Vacuum upholstered furniture regularly. Don't forget to remove the cushions and vacuum in the cracks and crevices. Vinyl, wood or leather furniture can be easily wiped down.

What window coverings are present? (Check all that apply)

- Curtains or drapes
- Blinds
- Shades
- Other _____

Prevention tip: Wash and dry curtains as well as vacuum drapes regularly. Dust window sills, blinds and shades often using a damp cloth with warm, soapy water. Dry completely.

Are rooms and moisture-producing appliances – such as stoves, clothes dryers or dishwashers – properly vented? (includes venting to the outside if specified by the manufacturer)

- Yes
- No

Prevention tip: Increase ventilation or air movement by opening doors and/or windows when possible. Use fans as needed.

For tips on improving indoor air quality or to learn more about The Freshaire Choice™ Paint, the first tinted no-VOC paint, please visit www.thefreshairechoice.com. For more information about indoor air quality, please visit the American Lung Association's State of the Air Report at <http://lungaction.org/reports/stateoftheair2007.html>. For more research on indoor air quality from the U.S. Environmental Protection Agency, visit <http://www.epa.gov/iaq/ia-intro.html>.