

Hints For The Home

Tips For Maintaining A Happy, Healthy Home

(NAPSA)—According to the U.S. Environmental Protection Agency, Americans spend approximately 90 percent of their time indoors, where air pollution levels can be two to five times higher than outdoor levels. Common indoor pollutants, including molds and allergens, volatile organic chemicals, formaldehyde and carbon monoxide, can cause headaches, asthma, allergies and irritation. In order to create a safe, healthy home, consider the following tips:

Install carbon monoxide detectors. Homeowners should install a carbon monoxide detector in or near each bedroom and on every level of the house. Rest easy knowing that you and your family will be better protected with these cost-effective alarms.

Control moisture to prevent mold. Maintain low humidity levels throughout the home and fix any leaks. Clean damp areas often, use exhaust fans in bathrooms and kitchens to remove moisture, and install a dehumidifier to help prevent mold growth.

Take it outside. Creating a healthy home can be as simple as taking it outside. Spending time outdoors gives you a boost of vitamin D and can reduce stress and enhance your overall mood.

Test for radon. Many homeowners are not aware that they have a radon problem until they sell their house. Testing your home for radon is easy and radon detectors are available at most hardware stores. When planning for a healthy home from



Keeping your family safe at home includes preventing the problems that can come from indoor pollution.

the construction stage, install a product such as Form-A-Drain that not only helps vent radon gas but helps keep basements dry.

Focus on indoor air quality. Ensure proper ventilation to reduce indoor pollution, leave doors open between rooms and open windows whenever possible. In addition, AirRenew gypsum wallboard, used in interior walls and ceilings, actively helps clean the air by capturing formaldehyde and other aldehydes and converting them into safe, inert compounds.

Select Greenguard-certified products. This certification provides assurance that products meet strict chemical emissions limits. Products such as Sustainable Insulation boost the energy efficiency, help reduce unwanted noise and therefore improve the overall comfort of a home while helping to ensure healthier indoor air.

For more tips on ensuring a healthy home as well as maximizing outdoor living spaces, visit www.certainteed.com.