

Ten Steps For Improving Your Indoors

(NAPSA)—While many people are aware that outdoor air pollution can damage their health, a significant number do not realize indoor environmental quality (IEQ) can be more harmful. EPA studies indicate that indoor air levels of many pollutants may be two to five times, and occasionally, more than 100 times higher than outdoor levels. Most people spend as much as 90 percent of their time indoors. These tips from the Institute of Inspection, Cleaning and Restoration Certification (IICRC) can help improve your IEQ and your health:



1. Keep walkway and entries clean to eliminate tracking and debris.

2. Use mats to trap soil at entries to protect carpets and reduce the quantity of particles that eventually become airborne.

3. Clean shoes at entries to reduce fine particles such as lead.

4. Use quality vacuum equipment. Check the Carpet and Rug Institute's list of vacuums that passed the Green Label Program at: www.cri-rug.com.

5. Use high-efficiency vacuum filter bags. Small particles can pass through inexpensive paper filter bags.

6. Vacuum frequently before soils become embedded in the carpet.

7. Use quality reusable electrostatic filters for HVAC systems. Remove and flush them free of collected soils monthly.

8. Have the carpet cleaned professionally. To find a certified technician, check with the IICRC at 1-800-835-4624 or www.iicrc.org.

9. Clean upholstery, drapery, bedding and other fabric surfaces; wash linens weekly.

10. Control moisture and humidity to keep down dust mites and mold.