

Asthma Awareness

10 Ways to Improve Indoor and Outdoor Air Quality



Indoor air pollution is now at a horrific level, often worse than the pollution outside. High levels of pollution have been linked to a whole range of health conditions, particularly in young children.

Take a look at how you can reduce air pollution both inside and outside your home!

1. Smoking

Do not smoke near, or in the presence of children. If you or staff do smoke, ensure that you/they a.) wash your/their hands and b.) wear an outer garment that can be removed upon entering the building and prior to working with children.

2. Car Idling

Do not idle vehicles. Car exhaust releases pollutants that are harmful to health and the environment.

3. Mould

Prevent mould and mildew. Reduce excess moisture by fixing leaks and increase ventilation by opening screened windows and using fans.

4. Spills

Clean spills quickly. For spills on carpets, clean and dry carpets ASAP to prevent the growth of mould and mildew.

5. Artificial Fragrances

Avoid using scented candles, potpourri, aerosols oil diffusers and plug-in air fresheners which contain harmful chemicals

6. Plants

By introducing one plant per 3 people, air quality can be improved. Carbon dioxide (Co₂) can be reduced by 50% as well as a reduction in the dust, bacteria and mold which would otherwise be inhaled by families. Dust can be reduced by up to 20% There will also be a significant reduction in manmade toxins which are created by plastics, paint, furniture, carpets, and certain cleaning products.

7. Ventilation

It is best to keep areas well ventilated (open screened windows and use fans), and to keep trash in a sealed container and to dispose of it frequently.

8. Cleaning Products

Use least-toxic cleaning products certified by EPA's Safer Choice, Green Seal, or UL, formerly EcoLogo. Many ingredients in cleaning products can make indoor air unhealthy to breathe.

9. Seal Containers

Seal all solvent, adhesive, paint, and art supply containers, and store them in a well-ventilated area out of reach of children.

10. Non-toxic Art Supplies

Use non-toxic art supplies. Make sure art supplies are approved by the Art & Creative Materials Institute, Inc. as non-toxic and designated by the 'approved product' (AP) Seal