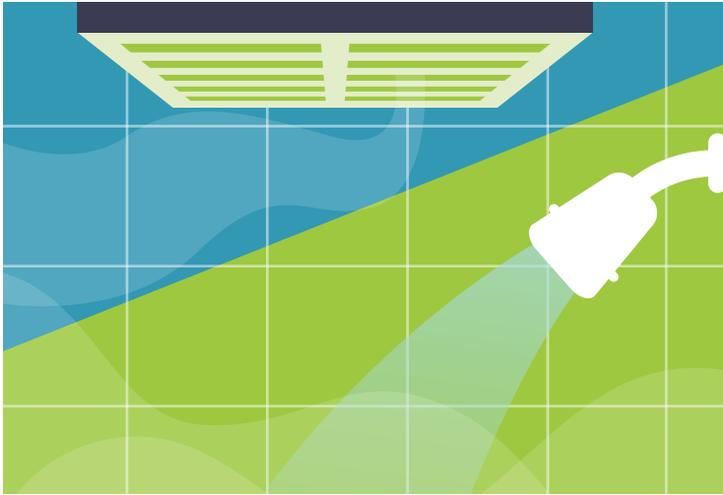


# THE HEALTHY HOME "TOOLKIT" THAT YOU CAN TAKE EVERYWHERE



You can have a healthy home, even if you don't own your home. Here are some simple things you can do now and take with you when you move.



## BEHAVIOR CHANGES

Changing the way you and your family live in your home can improve indoor air quality! Here are a few of our favorite tips:

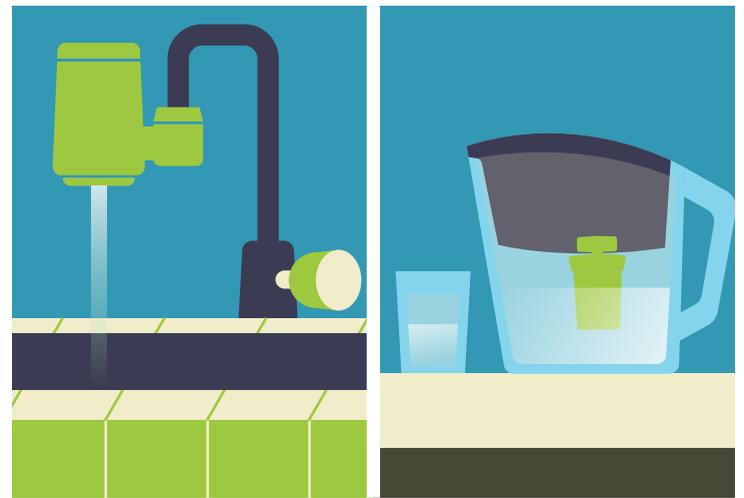
-  Run bathroom and range hood fans (every time!)
-  Store chemicals outside in a shed (preferred) or in a storage container in the garage .
-  Skip plug-in deodorizers, candles, and other fragrances.
-  Leave shoes at the door. And get an outdoor and indoor mat to remove debris and a place to leave your shoes.



Switch to natural **EPA Safer-Choice** and **GREEN** cleaning products like baking soda and vinegar.



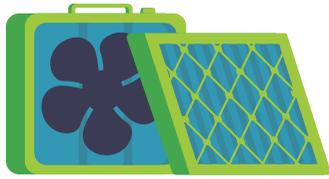
Consider natural pesticides - orange oils and diatomaceous earth can help with bed bug, house dust mite, cockroach, ant and flea infestations without adding toxic chemicals to your indoor air.



## INEXPENSIVE UPGRADES

For under **\$100 (some even less)** you can implement simple solutions and then take them with you to your next home.

-  **Water Filtration** - Pitcher or a simple faucet attachment can help remove lead and some impurities from your drinking water.
-  **Induction Cooktop** - These simple plug-in burners can boil water in half the time or less and emit much lower levels of particulates when in use than traditional gas or electric stovetops.
-  **Portable Dehumidifier** - Scaled for spaces between 150-250 sq feet, these appliances can help tackle small excess moisture problems basements.



### Filtered Box Fan -

Adding a 4" pleated MERV 11 filter (20"x20") to the inlet side of an inexpensive 20" box fan, is a cost-effective way to remove particulates from indoor air.



**Storage Bins for Chemicals** - Even if you don't have an outdoor storage area, storing chemical products in heavy-duty, airtight bins can help keep the VOCs out of your breathing space. Do Not put combustible gas or similar items in a bin.



**Allergy Covers** - Providing a barrier to prevent dust mites and other allergens (dust mites and their droppings, dead skin cells, etc.) from collecting in your mattress and pillows. This can help you breathe better air every night.



**Low-Level Carbon Monoxide Detectors Monitor** - These are Carbon Monoxide detectors that can detect and alarm at levels at 10ppm. Other units detect when above 70ppm for 4+ hours.



### Vacuum Cleaner with HEPA Filter -

A vacuum with a HEPA filter stops or greatly reduces blowing small particle dust and other contaminants back into the air.



### MONITOR YOUR AIR

If you need to tackle more significant indoor air quality or moisture problems, you may need more robust mechanical solutions. These investment items hold their value and can be:



**Indoor Air Quality Monitor** - A good quality monitor helps to identify pollutants that can compromise health and comfort including TVOCs (total vocs) and Carbon Dioxide.



**Air Purifier** - Look for purifiers that have a Clean Air Delivery Rate (CADR). Many will have an electronic purification, make sure this can be turned off.

## IS YOUR HOME AFFECTING YOUR HEALTH?

Learn to take action with our **FREE** personalized report.

[www.haywardscore.com](http://www.haywardscore.com)