

AIR QUALITY CHECKLIST



Your health and safety are important to us! Here is a checklist of common issues that impact air quality. Please complete the checklist below on a regular basis:

- Declutter (A lot of clutter makes it hard to dust.)
- Launder or dispose of tapestries (They hold dust mites, dander, and bacteria.)
- Dust room thoroughly
- Put away all clothing (Wet clothes should be dried quickly to prevent mildew.)
- Wash bedding (Unwashed bedding can hold dust and dust mites and can be a trigger for allergies.)
- Take out the trash
- Make sure plant soil is free of mold (If mold is visible, consider discarding or repotting.)
- Minimize strong scented items such as air fresheners, wax melts, strong scented perfumes or lotions (The chemicals in these items can trigger allergies.)
- Store all food in containers. (Fruit should be disposed of in a trash can with a lid.)
- Open the window for a few minutes to let in some fresh air
- Vacuum carpets and rugs well (Rugs and carpets hold dust, dust mites, pet dander, and bacteria and can be a trigger for allergies.)
- Sweep and mop the floor

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