

APPSTATE

UNIVERSITY HOUSING

AIR QUALITY CHECKLIST

Your health and safety are important to us! Here is a checklist of common issues that impact air quality.

PLEASE COMPLETE THIS CHECKLIST 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, discard or repot.)
- ☐ 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