

Happy Home – Air Quality



Tom Tracy, MBA
TREC #23433 Professional Inspector
tom@blueskyinspectors.com
www.blueskyinspectors.com
972-532-0665



Did you know the Environmental Protection Agency (EPA) ranks indoor air pollution as one of the top five environmental dangers? The EPA also states that air pollutants in your home are generally between two to five times more than the air outside. But all is not lost. There are actions you can take to help improve your home's air quality. We recommend the following.

- 1.** Replace or clean your air filters: Sure, it is a pain to drag yourself up into the attic but really, when was the last time you did it? Make a note of the date right on the filter and include the next date it should be changed. Alternatively, you can have Google Home or Alexa save a monthly calendar reminder for you.
- 2.** Capture dirt: Use boot trays, mats at each door and vacuum weekly.
- 3.** Replace Vacuum Filters: Many modern vacuums have micro-HEPA filters that need to be changed intermittently.
- 4.** Control Humidity Levels: Be sure to address leaks, over-watered plants and frequently used shower/bath areas that have inadequate ventilation. Higher humidity levels in a closed-up home will let all kinds of nasty things flourish.
- 5.** Buy Some Plants: They are nature's air purifiers. Plus, they will make you happy until spring arrives (unless you kill them in the interim). Good indoor plants for cleaning the air include Spider Plant, Peace Lily, Gerbera Daisy, Chinese Evergreen and English Ivy.
- 6.** Take your projects outside when practical. Painting, working with wood, furniture refinishing are all good projects to do outside as they introduce chemicals and pollutants into your home's air.

Life & Safety:

Home interiors today are so tightly sealed compared to homes built 40 years ago that they present a challenge when dangerous gases enter the home, making carbon monoxide detectors more important than ever. Below are a few key considerations for managing your carbon monoxide exposure risk:

- Most current building codes require that any door entering a garage from the home is required to have a self-closing mechanism. Why? The introduction of keyless ignitions vehicles has increased the numbers of Carbon Monoxide deaths because people left their cars running in the garage inadvertently.
- Carbon monoxide detectors only work for 5-7 years.
- While you are in the attic changing your air filters, make sure that you look to see all of your furnace vent pipes are connected.
- Have your heating system, water heater, and any other gas, oil, or fuel burning appliances serviced by a qualified technician every year.
- For more information on this important topic, check out the CDC's recommendations at www.cdc.gov/co/faqs.htm.