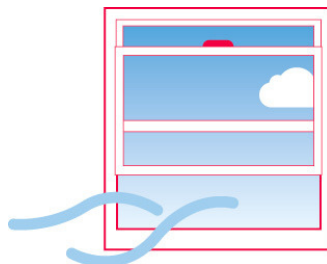


# Checklist for keeping the air in your home healthy



The UK population spends up to 90% of its time indoors which means the air we are most exposed to is inside our buildings.

Air pollution inside our buildings can come from many indoor sources, as well as from outside.



- I open windows or use the extractor fan when cooking or using cleaning products, but close windows near busy roads during rush hours
- I use fragrance-free, milder cleaning products
- I only light my wood burning stove/open fire when I absolutely have to
- When I use my wood burning stove/open fire / barbeque I only burn well-seasoned wood or smokeless fuel
- When decorating I choose paints and varnishes that are labelled low volatile organic compounds (VOCs)
- I regularly service my boiler to ensure there are no carbon monoxide leaks
- I use cream cleaning products, rather than sprays, wherever possible
- I vacuum and mop often to keep pollutants and allergens, that accumulate in dust, at bay
- I avoid artificial scents in my personal care products, such as shampoo, deodorant and soaps
- I have a renewable home energy tariff to cut out polluting fossil fuels

To get involved in Clean Air Day and learn more about how air pollution could be affecting you and your family's health, visit [cleanairday.org.uk](https://cleanairday.org.uk) or search #CleanAirDay.