

# Air quality at home - 10 useful tips



Use cleaning chemicals, detergents and solvents with moderation, and afterwards remember to always wash your hands and ventilate the room. While cleaning kitchen and bathrooms, avoid frequent use of bleach.



Purchase quality products for home, and especially in case of new furniture, preferably choose items with certifications for low VOC emissions.



When cooking, opening a window to ventilate the kitchen reduces air pollutants and Carbon Monoxide in particular, as this gas is one of the main byproducts of combustion.



Where possible, avoid using air fresheners, electric diffusers, scented candles, incense sticks and mosquito repellent.



Keep carpets, furniture and floors clean and free of dust to avoid excessive amounts of airborne particles.



Use dehumidifiers or air-conditioners with a dehumidifier function in case of excessive humidity in the rooms and open bathroom windows after showers to limit moisture on walls and avoid mold growth.



Schedule periodical check ups and maintenance of ventilation and heating systems, furnaces and chimneys to be performed by specialized technicians.



It's a good rule to avoid setting indoor temperatures far higher than the generally recommended 18-20 °C. Excessive heating may cause VOC levels to rise and thereby a higher risk of respiratory issues, for children in particular.



It is best not to leave laundry to dry indoors as this may cause excess humidity and more importantly, a higher concentration of VOC's, released by the freshly soap-washed fabrics.



Frequently ventilate rooms when using fireplaces and heating stoves, as burning wood, pellets and other fuels contaminate indoor air. Do not leave embers burning overnight as a CO build up can be very dangerous.