

## Indoor Air Quality Habits Checklist

- ✓ Use a certified HEPA air purifier in main living areas and bedrooms.
- ✓ Keep windows closed on high AQI days (AQI > 100).
- ✓ Monitor daily AQI using a reliable app or website (e.g., AirNow.gov).
- ✓ Avoid burning candles, incense, or smoking indoors.
- ✓ Vacuum with a HEPA-filter vacuum at least once a week.
- ✓ Regularly change HVAC and air purifier filters (monthly or as recommended).
- ✓ Use exhaust fans in kitchen and bathroom to reduce humidity and pollutants.
- ✓ Keep houseplants to a minimum if mold is a concern.
- ✓ Avoid using harsh chemical cleaners; opt for natural alternatives.
- ✓ Schedule routine HVAC maintenance to ensure optimal airflow and filtration.