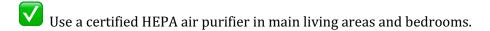


Indoor Air Quality Habits Checklist



- 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.