

healthy
home

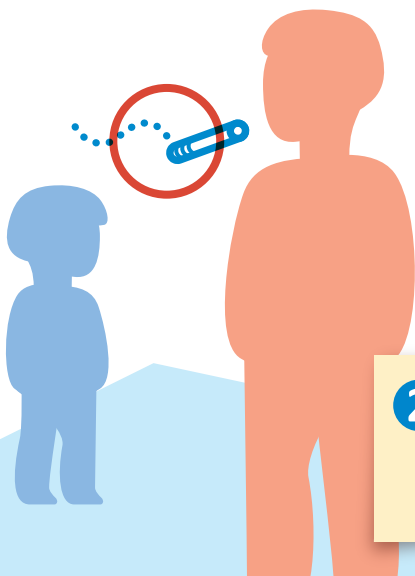
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clean indoor air



Clean indoor air is important for your family's health.

Dander from animals and insects, and fumes from cleaners, scented candles, and incense can cause health problems. Here are some ways to reduce your exposure to these substances.



1 Quit smoking and don't let others smoke in your home! Call 311 for help in quitting.

2 Avoid burning candles (especially scented ones), oils, or incense.

3 Choose gel or bait traps instead of spray pesticides.



4 Don't use air fresheners or mothballs!

Try boiling lemons or cinnamon sticks for a pleasant scent.



5 Change or clean filters in air conditioners and air purifiers frequently.

6 If you are buying a new vacuum cleaner, consider one with a HEPA filter.



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