

Minimizing Indoor Air Pollution During Confinement/Quarantine

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Air your home several times a day

In the morning, after cooking or cleaning, and in the evening before going to bed... It is essential to change the air in your home several times a day. Leave windows open for several minutes at a time to ensure effective ventilation.

Do not smoke or vape indoors.



NO SMOKING

Tobacco smoke leaves lasting traces on walls, fabrics, floors and ceilings. Inhaling the air in an enclosed space polluted by tobacco increases the risk of heart disease and respiratory disorders which can increase high-risk with Covid-19.

Do not overuse industrial cleaning products and consider natural alternatives



Those of you who are planning on taking advantage of confinement measures to do some thorough spring-cleaning should be wary of overusing industrial cleaning products.

Choose natural products during this time at home to do your cleaning and EPA approved cleaner for Covid-19 disinfection.

Check the EPA for approved for Covid-19 disinfectant approved cleaners.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Avoid synthetic air fresheners

Many modern scented candles and other air fresheners release toxins into the air, avoid using air fresheners or opt for 100% natural fresheners like essential oils and soy or beeswax-based candles.

Going without any air fresheners is also a good choice, not only does it eliminate particulate matter (which is an asthma/respiratory trigger for many people) but it also keeps your lungs and heart healthier.



Keep lots of air-purifying houseplants

Houseplants are very good at eliminating airborne toxins. Keep several throughout your home to help keep your air clean and provide additional oxygen.

Use your bathroom exhaust fan

Exhaust fans help reduce the moisture levels in your bathroom, which can then reduce the chances of mold.

First, make sure your exhaust fan is venting outdoors to avoid recirculating moisture into your home (or into your attic, which can cause further problems).

Then, every time you shower or have a bath, make sure you run the exhaust fan to help draw the moist air outside. Allow the fan to run for 15 minutes after each shower. Opening the window also helps.

