Tips for a Healthy Home

Air quality and allergens

What is air quality?
Air quality measures the amount of pollution in the air. Pollutants lower the air quality. Measuring air quality tells us how healthy and clean the air is for us to breathe.

Why is it important?
Poor air quality impacts our health. Children and people with medical conditions that affect breathing, like asthma, are at a higher risk. Depending on the kind of pollution, bad air quality can cause symptoms like headaches, dizziness, difficulty breathing, coughing, itchy eyes, a sore throat or runny nose.

How can I find out the air quality?
Enter your zip code at www.airnow.gov to find your air quality index (AQI) and to see recommendations.

Resources

https://www.airnow.gov
https://aafa.org/asthma/asthma-triggers-causes/air-pollution-smog-asthma/
Indoor air quality factors
Consider your home environment and what may be impacting the air you breathe.

- Cigarette and marijuana smoke
- E-cigarette vapor* (contains toxins)
- Wood and gas stoves
- Dust
- Chemicals and disinfectants
- Personal care products
  - Fragrance sprays, lotions, cosmetics, candles

What can you do?
Prevent: Get rid of pollutants whenever possible.
Ventilate: Increase air flow by opening windows and using fans. This helps when using air-polluting products in small spaces.
Clean your air: HEPA filters can trap and remove pollutants from the air.

Outdoor air quality factors
Consider the air outside your home and what may be impacting the air you breathe.

- Vehicles and highway traffic
- Industrial buildings and factories
- Wildfire smoke
- Pollen and plant allergens
- Extreme temperatures

What can you do? Some actions to decrease risk.
Be aware: Look up your air quality and pollen indexes to know the level of risk.
Limit exposure: Avoid exercising and playing outdoors on days with poor air quality or high pollen counts. Leave your shoes at the door and change your clothes when entering your home to prevent tracking pollutants inside.
Be prepared: Talk to your provider about starting allergy medicines early and keep emergency medications available. Store these medicines at room temperatures so they work as they should.