



# Center's Tip of the Month: Fresh Indoor Air

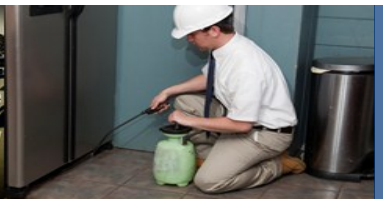
-- Tips for breathing easy indoors --

The weather outside has turned cold, which means more hours indoors. The air inside our homes can carry harmful exposures such as allergens, pesticides, and tobacco smoke. Center research has found that these chemicals are linked with asthma, allergies, and delays in development. But don't worry; there is something you can do! With these simple tips, you can improve the quality of air in your home and protect the health of your family. Breathe easier knowing you're taking action by trying one or all of these easy steps for making your indoor air healthier for you and your family.



## Tips & Resources

- ◆ **What can you do?** Make your home smoke-free
  - ◇ Quit smoking! If you or a family member needs help quitting, call 311 for a starter kit.
  - ◇ Take it outside! If family or friends want to smoke, ask them to take it outside rather than smoking inside your home.
  
- ◆ **What can you do?** Avoid spraying chemicals
  - ◇ Do not use spray pesticides! Try using gel or bait traps instead. For other tips on controlling pests without chemicals, read about [Integrated Pest Management](#).
  - ◇ Choose safer alternatives to air fresheners, scented candles, or mothballs. Try boiling lemons or cinnamon sticks — they create a wonderful smell that is safe for all to enjoy.
  - ◇ Avoid unwanted chemicals by making your own home cleaners. Find recipes at [The Daily Green](#) and [Women's Voices for the Earth](#).
  
- ◆ **What can you do?** Keep fresh air flowing in your home
  - ◇ Open windows when cooking and cleaning. This helps to bring in fresh air and combat smoke and strong odors.
  - ◇ Change filters in air purifiers when needed.



Have questions? Want to learn more? Please email us at [cccehcolumbia@gmail.com](mailto:cccehcolumbia@gmail.com)!



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