



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

-- Tips for keeping your home's air healthy--

The weather has started to turn cold which means more time indoors. Air pollution is not just an outside problem. There are many sources of air pollution indoors, including smoke from cooking, burning incense and candles, chemicals from cleaning products, and pesticides. Some health concerns associated with these sources include respiratory problems and delays in development. Keep your family healthy during this winter season and use these tips to decrease harmful pollutants in your home's air.



## Tips & Resources

**What can you do?** Choose products for your home wisely.

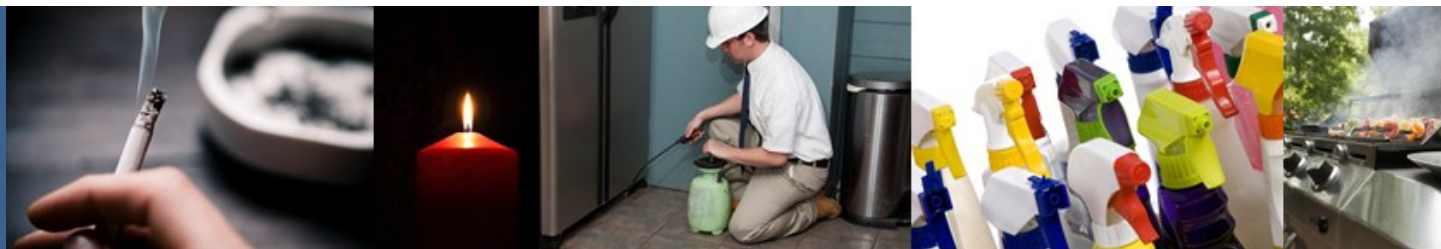
- ◆ Try natural alternatives to store-bought air fresheners, which can contain harmful chemicals such as phthalates. Boil lemons or cinnamon sticks as a healthy alternative.
- ◆ Choose your cleaning products carefully. Use the [EWG's Guide to Healthy Cleaning](#) to check the safety of your products and find safer options.
- ◆ 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?** Avoid spraying pesticides.

- ◆ Use Integrated Pest Management (IPM) — it's a low-toxic way to get rid of cockroaches and mice.
  - ◇ Seal cracks and fix leaks—this prevents pests from entering.
  - ◇ Choose a designated eating area; it makes clean-up of crumbs much easier.
  - ◇ Clean dishes in the sink and take out the trash every night.
  - ◇ Avoid spray pesticides! Use gel or bait traps instead.
- ◆ Read more about [Integrated Pest Management](#).

**What can you do?** Keep your home's air smoke-free.

- ◆ Take it outside! If family or friends want to smoke, ask them to take it outside rather than smoking inside your home.
- ◆ If you or a family member needs help to quit smoking, call 311 for information about resources in New York City.
- ◆ Open windows when cooking and cleaning. This helps to bring in fresh air and combat smoke and strong odors.



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



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