

# Take a deep breath for Earth Day

## What can you do about the quality of your indoor air?



Invest in a high quality HEPA or PCO (Photo Catalytic Oxidation) filter for your home and workspace



Dust and vacuum your house and workplace frequently



Use natural care products and home cleaners  
*(baking soda, vinegar, and hydrogen peroxide go a long way and clean well)*



House plants are a great way to contribute to cleansing the air



Air out your home frequently by opening windows every day



Cook with ceramic or stainless steel cookware



Avoid wearing shoes in the home

\*Excerpted from <https://www.cpsc.gov/Safety-Education/Safety-Guides/Home/The-Inside-Story-A-Guide-to-Indoor-Air-Quality>



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