

MAINTAIN AND IMPROVE INDOOR AIR QUALITY

Healthycanadians.gc.ca/IndoorAir
HC.air.SC@canada.ca

Make sure your **chimney** is not blocked and that it is **cleaned** once a year so pollutants are vented outside.

Install at least one CSA-approved **carbon monoxide (CO) alarm** close to bedrooms.

Reduce the use of **candles** and **incense** as they increase particle levels indoors.

Make sure you **ventilate** when using paints or varnishes. Some emit **volatile organic compounds (VOCs)**.

Do not smoke indoors. **Cigarettes** emit many chemicals including **carbon monoxide (CO)**, **particles** and **formaldehyde**.

Make sure **carpets** are **vacuumed** regularly or remove them as they trap dust, dust mites, particles, and allergens. Clean hard floors regularly using a damp mop to efficiently remove particles.

Make sure the interface between your **attached garage** and your home is properly sealed. Pollutants can migrate from your garage to your living space.

If possible, do not store gasoline and other chemicals in your garage.

Avoid idling your car, snowblower, lawnmower, power generator or any gas-powered equipment in the garage, even if the door is open.

Radon is a radioactive gas that can get into your home and accumulate to high levels. Take action to **measure** and **lower** the radon level in your home to reduce your risk of **lung cancer**.

Make sure your **furnace** is well-maintained to prevent **carbon monoxide (CO)** accumulation. Change the filter regularly.

After a flood, make sure everything is cleaned and dried quickly and properly to prevent **mould** growth.

Opening windows may increase ventilation in your home. Check the outdoor air quality conditions in your region before opening windows.

Make sure your **roof, foundation, and walls** do not leak.

Use the **exhaust fan** in the bathroom when showering or bathing to reduce humidity and prevent mould growth.

Promptly **fix any leak** to avoid mould. Clean up any **visible mould**.

Use your **range hood** to reduce your exposure to pollutants from your gas stove such as **nitrogen dioxide (NO₂)** and humidity from cooking activities.

If not properly installed, maintained or used, **fireplaces** may emit **carbon monoxide (CO)**, **particles**, and other pollutants.

Never use a **charcoal grill, hibachi, barbecue or camping stove** inside your home or garage, as they produce particles and carbon monoxide (CO).

Off-gassing from furniture and floors can emit **volatile organic compounds (VOCs)** such as **formaldehyde**. Increasing ventilation may help decrease indoor concentrations.

Make sure your **dryer exhaust** is vented to the outside and make sure it is not blocked.

Make sure you use **cleaning products** properly. Some of them may emit high levels of **volatile organic compounds (VOCs)**.

