

BETTER INDOOR AIR

Air in your house can teem with chemicals, gases, and biological pollutants and create health problems. But you don't need a chemistry degree to improve your home's indoor air quality (IAQ). Keeping pollutants out of your house is key.

Lead poisoning

Lead is toxic to people of all ages, but particularly to children, and lead poisoning isn't a problem of the past. The Centers for Disease Control and Prevention says houses built before 1978, the year lead-based paint for home use was banned, likely still contain risk.

Lead is also found in painted toys and furniture, pottery, and plumbing fixtures.

Learn more:

-  [CDC's Facts on Lead](#)
-  [EPA's Lead Poisoning Home Checklist](#)
-  [How to Remove and Contain Lead Paint](#)

Volatile organic compounds (VOCs)

Home products, such as paint, solvent, and varnish all contain harmful chemicals that can evaporate into your house and diminish IAQ. So can other household items, including carpet and adhesives, moth balls, composite wood products, and air cleaners.

Consider alternatives to chemical-laden products whenever possible. [Also follow safety directions](#), ventilate your house when using products, and store and dispose of chemicals safely.

Radon

Breathing air containing radon, an odorless, invisible radioactive gas that occurs naturally, raises your risk of lung cancer. [Find out if you live in a radon risk area](#).

[Use a test kit](#) to see if radon is present in your house. If it is, hire a qualified professional to eliminate radon.

Biological pollutants

[Biological pollutants](#), such as dust mites, pet dander, pest droppings, and mold, all can exacerbate asthma, allergies, and other respiratory ailments.

Wash bedding in hot water, opt for bare floors, and dust surfaces with damp cloths. To combat mold, fix any leaks and prevent water seepage. You can also use exhaust fans to evacuate kitchen and bathroom moisture.

True clean

Household disinfectants, air fresheners, and furniture polish often contain VOCs. Soaps and laundry detergents can be loaded with chemical irritants. In addition, chemicals in household cleaning products have been [linked with endocrine disruption and asthma](#).

[Concoct your own non-toxic cleaning products](#) with inexpensive [baking soda](#), vinegar, and lemon.

