



Improve air quality in houses

FACT SHEET 13



SUBJECT BEING ADDRESSED BY THIS FACT SHEET

How do you improve indoor air quality in houses.

WHO IS THE TARGET AUDIENCE FOR THIS FACT SHEET?

Householders, homeowners and residents.

THE FACTS

Improving indoor air quality in UK houses can be done through several measures. Here are a few suggestions:

1. Ventilation:

Sufficient ventilation is essential in removing indoor pollutants. Ensure that your home has adequate ventilation, such as opening windows regularly or using extractor fans in kitchens and bathrooms.

2. Regular cleaning:

Regular cleaning helps to remove dust, allergens, and other particulates from surfaces. Using a vacuum cleaner with a built-in high efficiency particulate air (HEPA) filter, mopping floors, and dusting regularly can help maintain cleaner air.

3. Avoid smoking indoors:

Smoking releases a large variety of chemical pollutants that are harmful to health and smoking in the home significantly decreases indoor air quality. Encourage smoking to be done outside the house to prevent the accumulation of harmful chemicals.

4. Control humidity levels:

Excessive humidity is one of the causes of mold and mildew, which release spores that harmful to health and negatively impact indoor air quality. Ensure that there is sufficient ventilation and use dehumidifiers in areas prone to moisture, like bathrooms and basements when ventilation alone is not sufficient to control humidity levels.

5. Avoid or limit the use of harmful chemicals:

Many household cleaning products, paints, and air fresheners contain chemicals that can release volatile organic compounds (VOCs). Opt for products with low VOC content, natural or eco-friendly alternatives and use these products sparingly.

6. Maintain a clean and dust-free environment:

Regularly remove dust and wipe surfaces to minimize the build-up of dust and allergens in your home. Consider using allergen-proof covers for mattresses and pillows.

7. Install air purifiers:

Consider the installation of an air purifier with HEPA filters to trap and remove airborne particles, allergens, and pollutants, improving indoor air quality. Air purifiers that use ionisation to aid filtration or ultra-violet light to neutralize bacteria should be installed with care and used in close observance with operating and maintenance instructions.

Next steps for the target audience

It is a good idea to consult with professionals like Heating Ventilation and Air-Conditioning (HVAC) specialists or indoor air quality experts for personalized advice based on your specific needs.