

Achieve a Better Living Environment (ABLE) Committee

How to Have Safer, Healthier Indoor Air Quality

Do not add volatile organic compounds (VOCs) to indoor air; they are pollutants

Use fragrance-free personal care products, such as soaps, shampoos and lotions

Use fragrance-free hand sanitizer (can also use alcohol prep pads)

Use healthier cleaning products

- Use fragrance-free floor cleaners

- Use hydrogen peroxide-based disinfectants, not chlorine-based

- Use vinegar and water to clean windows and mirrors

- Avoid waxes

- Avoid heavy pine or lemon scented products

Purchase furniture that is solid wood, metal, or glass, not particle board or laminate

Use integrated pest management, not pesticides (example is the mice project here at Riderwood)

- Keep food covered

- Do not leave snacks open around your apartment

- Put trash out on scheduled days

- Save compostable materials in closed containers

Do not wear perfumes or after shave

Use fragrance-free laundry products, such as detergents and fabric softeners (or avoid fabric softeners)

Do not use deodorizers or air fresheners at home or in your car

Do not use plug-in air fresheners

Do not use spray deodorizers or air fresheners

Do not use moth balls

Do not smoke (Riderwood is a smoke free community.)

Use washable markers, not permanent markers

Ventilate your apartment to reduce air pollutants

Open windows when outside air is good

Run bathroom exhaust fans to remove odors; and to remove moisture to prevent mold growth

Vehicles should not idle near apartment buildings

Ventilate your apartment during work such as dry wall repair, painting, caulking, or use of other chemicals. (Request low-VOC products.

Consider leaving your apartment until the chemicals are dry.)

Filter the air to remove pollutants and microbes

Riderwood changes furnace filters in apartments twice a year

Use a vacuum cleaner with a HEPA (high efficiency particulate air) filter

Purchase electric room air purifier with HEPA filter and a carbon filter for chemicals. (HEPA filters remove only particles.)

Stay indoors when outside air is highly polluted or wear an N95 or KN95 mask outdoors (See Air Quality Index on RiderwoodLife.com)

Have air filters in your car checked with your oil changes and changed as needed