A Fast Look from EHHI

An Air Quality Checklist

Practical Steps to Improve Indoor & Outdoor Air Quality

The air we breathe affects our health every day. Poor indoor and outdoor air quality can contribute to asthma, allergies, heart disease, and other health problems. Fortunately, many exposures can be reduced through simple actions at home, at school, at work, and in our communities.

At Home

- ☐ Don't smoke or allow smoking indoors.
- ☐ Test your home for radon.
- ☐ Fix water leaks promptly to prevent mold growth.
- ☐ Maintain heating and cooling systems, and replace HVAC filters regularly.
- ☐ Open windows when outdoor air quality is good to increase fresh air ventilation.
- ☐ Use exhaust fans when cooking and showering.
- ☐ Vacuum with a HEPA filter and wet dust regularly.
- ☐ Choose low-VOC paints, adhesives, flooring, and furnishings.

Reduce Outdoor Air Pollution

- ☐ Avoid unnecessary vehicle idling, especially near homes, schools, and playgrounds.
- ☐ Limit outdoor exercise when air quality is poor.
- ☐ Check your local Air Quality Index (AQI) before spending extended time outdoors.
- ☐ Properly maintain vehicles to reduce emissions.
- ☐ Walk, bike, carpool, or use public transportation when you can.

Reduce Exposure to Smoke & Combustion

- ☐ Avoid exposure to wood smoke.
- ☐ Burn only clean, dry, untreated wood in properly maintained wood stoves or fireplaces.
- ☐ Never burn trash, plastics, or treated wood.
- ☐ Stay away from diesel exhaust.
- ☐ Support cleaner transportation and heating options in your community.

At School & Work

- ☐ Report water leaks, mold, unusual odors, or ventilation concerns.
- ☐ Keep air vents and returns unobstructed.
- ☐ Support school bus and workplace no-idling policies.
- ☐ Encourage regular maintenance of heating and ventilation systems.
- ☐ Choose lower-toxicity cleaning products.

Protect Sensitive Individuals

- ☐ Follow your healthcare provider's recommendations for asthma or other respiratory conditions.
- ☐ Keep asthma medications readily available if prescribed.
- ☐ Pay extra attention to indoor air quality for infants, young children, older adults, and people with heart or lung disease.
- ☐ Stay indoors with windows closed during wildfire smoke events or other severe air pollution episodes.

Every Breath Matters

Cleaner air benefits everyone. Simple choices—improving ventilation, reducing unnecessary emissions, preventing mold, avoiding smoke, and supporting cleaner transportation—can help reduce environmental exposures and improve respiratory health for individuals and communities.

EHHI has spent decades studying how air quality affects human health, including childhood asthma, indoor air quality in schools, diesel exhaust, and wood smoke.

EHHI is dedicated to protecting human health from environmental harms through research, education, and the promotion of sound public policies.

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