



Indoor Air Quality

WORKING PARTY

Cleaner air at home

Top tips for parents




Why is clean indoor air important?

Poor indoor air quality at home is linked to health effects in people of all ages. Associated health effects in children include breathing problems, chest infections, low birth weight, pre-term birth, wheeze, allergies, eczema, skin problems, hyperactivity, inattention, difficulty sleeping, sore eyes and not doing well at school.

Overview tips

Poor indoor air quality is not always easy to identify and every home is different. You should follow any guidance and advice for ventilation that was provided for your home. The actions suggested here are options to help guide the choices that are right for your home and family.

Avoid bringing pollutants indoors

 BURNING	 LAUNDRY	 OUTDOOR POLLUTANTS	 SMOKING OR VAPING
Avoid burning things in your home, such as candles.	Dry laundry outside, if possible.	Prevent pollutants from outside entering the building.	Do not smoke or vape, or allow others to smoke or vape, in your home.




Reduce the number of products

 CLEANING	 PERSONAL CARE PRODUCTS	 DIY
Reduce the number of different cleaning products or use a multi-purpose cleaner. 	Reduce the number of different personal care and cosmetic products.	Only do DIY when necessary and follow manufacturer guidance.

Remove pollutants indoors

 VENTILATE	 CLEAN	 ALLERGENS
Use ventilation especially during cooking, cleaning, and bathing. 	Clean to remove dust, mould, and allergens. 	If members of the household have allergies, take steps to identify and remove allergens.

Know how to use and maintain equipment

 VENTILATION	 VACUUM
Learn how your home is ventilated and how to maintain the ventilation system(s). 	Regularly empty and maintain vacuum cleaners.



Coronavirus

Improving the indoor environment by using these tips will help to improve overall health. This is not guaranteed to completely protect you against coronavirus, but it may help. Specific recommendations for coronavirus are:

Ventilation

- Ventilation is the process of introducing fresh air into indoor spaces while removing stale air. It is important to maintain fresh indoor air.
- Letting fresh air into indoor spaces can help remove air that contains virus particles and prevent the spread of coronavirus (COVID-19) and other respiratory infections such as flu.

Cleaning

- Frequently clean surfaces that are touched regularly, such as door handles, to reduce transmission of viral infections.
- Cleaning products can be a source of airborne pollutants, so it is recommended to follow general advice for cleaning including using ventilation during and after cleaning. Use liquid rather than spray products where possible.

