

## 7 KEEP YOUR HOME WELL VENTILATED

The final key to a healthy home is ventilation. Ventilation is important because it helps expel dust and lingering odors, such as those from household chemicals and pesticides, and keeps your home dry and mold-free.

### In the Home

- When you take a shower, run the fan to remove moisture.
- While cooking, run an exhaust fan to dispel steam and cooking fumes.
- When weather permits, open up your windows and let air out of your home naturally.

Many household products release volatile organic compounds (VOCs) that can cause respiratory problems. VOCs such as formaldehyde can be found in carpets, paints, cleaning products, and furnishings. One of the best ways to reduce your exposure to VOCs is by making sure your home has adequate ventilation.

- When painting inside your home, open the windows for fresh air.
- If you install new carpeting or furniture, air out the rooms with fans before moving back in.
- Use extra ventilation when cleaning or using glues or permanent markers.

### Good Idea

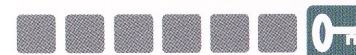


Exhaust fans and ventilation systems should vent air to the outside, not to another location in the house.

### Focus On: Whole House Ventilation



Almost all homes have spot ventilation systems for the kitchen and bathroom. If your home feels humid and stagnant and odors linger, consider a whole house mechanical ventilation system. It supplies fresh air to your entire home and reduces the concentration of contaminants.





## Resources



Centers for Disease Control and Prevention: Healthy Homes  
[www.cdc.gov/healthyhomes](http://www.cdc.gov/healthyhomes)

National Center for Healthy Housing  
[www.nchh.org](http://www.nchh.org)

U.S. Department of Housing and Urban Development: Making  
Homes Healthier for Families  
[www.hud.gov/offices/lead/healthyhomes/index.cfm](http://www.hud.gov/offices/lead/healthyhomes/index.cfm)

U.S. Environmental Protection Agency: Aging Initiative  
[www.epa.gov/aging/resources/factsheets/index.htm](http://www.epa.gov/aging/resources/factsheets/index.htm)

U.S. Environmental Protection Agency: Indoor Air Quality  
[www.epa.gov/iaq/index.html](http://www.epa.gov/iaq/index.html)

For more information about Keys to a Healthy Home, visit  
**[www.keystoahealthyhome.com](http://www.keystoahealthyhome.com)**

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