

M	Y-	A	I	R
<u>Get rid of Air fresheners-</u> Instead, bake a batch of cookies	<u>Replace A/C filter with pleated, MERV 8 or better</u>	<u>Use vinegar to clean floors</u> (instead of household cleaners)	<u>Have FP&L perform Duct Test</u>	<u>Wash linens with hot water</u> (to avoid dust mites)
<u>Clean your A/C drip pan</u>	<u>Fix a Leaky Faucet</u>	<u>Use water based paint for home</u> (VOC free)	<u>Clean out garage</u> (remove all cardboard to prevent harborage)	<u>Remove all dust, wipe with damp cloth</u> (no chemicals!)
<u>Increase Ventilation</u> (move furniture away from walls)	<u>Store and seal all chemicals in garage</u> (away from air handler)	FREE SPACE	<u>Remove all candles from home</u> (Boil cinnamon or favorite herb)	<u>Check & Clean A/C coils</u>
<u>Sprinkle baking soda instead of scented carpet cleaner</u>	<u>Do not smoke in home!</u>	<u>Vacuum with HEPA filter</u>	<u>Clean Moldy surfaces</u> (20 mule team Borax)	<u>Leave your shoes at the door!</u>
<u>Test your Home for Radon!</u>	<u>Trim and keep landscaping >3 ft from foundation</u>	<u>Fix gutters, direct sprinklers water discharge >3ft from foundation</u>	<u>Open windows, replace stale indoor air with outdoor</u>	<u>Use scented soap instead of perfume/cologne</u>

Game Rules: Mark the square of each activity you complete with the date you did it. To score a “MY-AIR”, just complete a row in any direction – across, down or diagonally! Mark all the squares you complete – multiple rows count as multiple wins!



It all adds up to cleaner air !

For info call 561-355-3136 or visit www.pbchd.com



M-1 Get Rid of Air Fresheners: Air fresheners consist of harsh chemicals such as formaldehyde, petroleum distillates, p-dichlorobenzene, and aerosol propellants. Air fresheners are usually highly flammable and also strong irritants to eyes, skin, and throat. Instead, create a nice-smelling inviting home by baking a batch of your favorite cookies. Less chemicals in home promotes good air indoors.

M-2 Clean Your A/C drip Pan: To prevent the growth of algae and potential overflow of drip pan, use a wet/dry vacuum to clear the A/C drain line and keep stale water from collecting in drip pan. If necessary, add A/C chlorine tablets (NOT POOL) to keep algae from growing.

M-3 Increase Ventilation: To prevent mold growth in home whether it is on personal items or walls -increase your ventilation. Do this by moving furniture, items away from closet walls. Keep your closet doors open for circulation, especially if that space is not air conditioned.

M-4 Sprinkle baking soda instead of Scented Carpet Powder: Keep your carpet smelling fresh without adding chemicals to indoor air space. Baking soda is a natural odor eliminator.

M-5 Test your Home for Radon: Due to tight construction in Florida and imported soil with high granite content, it is important that you test your home. Purchase a test kit at Home Depot and follow the directions.

Y-1 Replace A/C filter with pleated: Minimum Efficiency Reporting Value, or MERV for short, is a filter rating system devised by the American Society of Heating, Refrigeration and Air Conditioning Engineers (ASHRAE) to standardize and simplify air filter efficiency ratings for the public. A higher the MERV rating corresponds to a higher efficiency of the air filter. A MERV Rating of 8 or better is sufficient to remove allergens and mold spores in the home.

Y-2 Fix a Leaky Faucet: Prevent leaks or moisture in the home.

Y-3 Store and Seal Chemicals away from Air Handler: Do not use your air handler closet for storage of any materials, especially cleaning products and chemicals. The Air handler sucks in air in the closet area or garage space and you do not want harmful chemicals circulating in your airspace.

Y-4 Do not smoke in home! ETS or Environmental Tobacco smoke is known as second hand smoke; it is a trigger for asthma attacks in highly sensitive individuals.

Y-5 Keep landscaping >3ft from foundation: This prevents moisture from collecting around the foundation, and reduces the potential of mold growth on the building foundation. Mold can grow on any kind of substrate, even concrete. An outdoor issue could become an indoor problem (mold) with the right medium (water).

A-1 Use vinegar to clean floors instead of household cleaners: This is a healthy chemical free alternative for indoor spaces.

A-2 Use water based paint for your home: For enclosed spaces, avoid paint with volatile organic compounds (VOC's). These can cause eye, nose, and throat irritation as well as headaches, loss of coordination, nausea, damage to liver, kidney, and central nervous system. Some organics can cause cancer in animals; some are suspected or known to cause cancer in humans.

A-4 Vacuum with HEPA filter: A High Efficiency Particulate Air Filter (HEPA) is incorporated in most vacuum cleaners today to trap fine particulates indoors that can cause respiratory issues. Vacuum cleaners without the additional HEPA filter may pick up these particles but then return them into the airspace. A HEPA filter traps 99.97 percent of particles of .3 microns in size.

A-5 Fix gutters, direct sprinklers and down spout away from foundation & walls: prevent moisture from collecting around the building foundation and even seeping indoors through walls. Moisture in home means MOLD! Keep Landscaping >3 ft from foundation. Gutters and down spout should be constructed to direct water away from building.

I-1 Get an FP&L Residential Duct System Test: Go to <http://www.fpl.com> for details. Two-thirds of all homes have leaky ducts that go undetected (fpl.com). These leaks can cause your energy bill to go up and affect the comfort and air quality inside your home. For a small fee, FP&L can inspect your duct work.

I-2 Clean out garage-prevent harborage: Prevent rodents or dust in home due to clutter. Rodents or dust lead to poor indoor air and are known to be asthma triggers.

I-3 Remove all candles from home: Candles can pollute the indoor air with unknown harsh chemicals, as well as add particulates through soot. Instead, burn your favorite herb or boil cinnamon to keep your home smelling great.

I-4 Clean Moldy surfaces with 20 Mule Team Borax: Studies have shown that 20 Mule Team Borax when mixed with water works like Bleach to kill mold on surfaces without the harsh irritating chemicals. You can find 20 Mule Team Borax at your local hardware store.

I-5 Open windows, replace stale indoor air with clean outdoor air: Indoor air builds up with biological contaminant and carbon dioxide over time. Open windows on occasion, to remove contaminants out and bring clean air in. Do this on occasion, preferably when the humidity outdoor is <60% and with your A/C off.

R-1 Wash Linens with hot water to avoid dust mites: Dust mites are known asthma triggers and lead to poor indoor air quality. Wash linens once a week in hot water and dry them thoroughly.

R-2 Remove all dust: A damp cloth to remove dust off of surfaces is the best method. Avoid dust cleaners with harsh chemicals. Sweeping can trigger asthma attacks in highly sensitive individuals.

R-3 Check and Clean A/C coils: The air conditioning coils work to pull moisture out of the indoor airspace. They are often the source of mold growth. Mold is an asthma trigger and can cause health issues in sensitive individuals. Have coils cleaned by and A/C professional to remove mold from air space and increase the energy efficiency of the Air Conditioning Unit.

R-4 Leave your shoes at the door! Do not track dust, dirt or biological contaminants into your indoor airspace.

R-5 Use soap instead of perfume/cologne: Many Perfumes emit irritating Volatile Organic Compounds (VOC's). Avoid harmful VOC's in your indoor airspace.