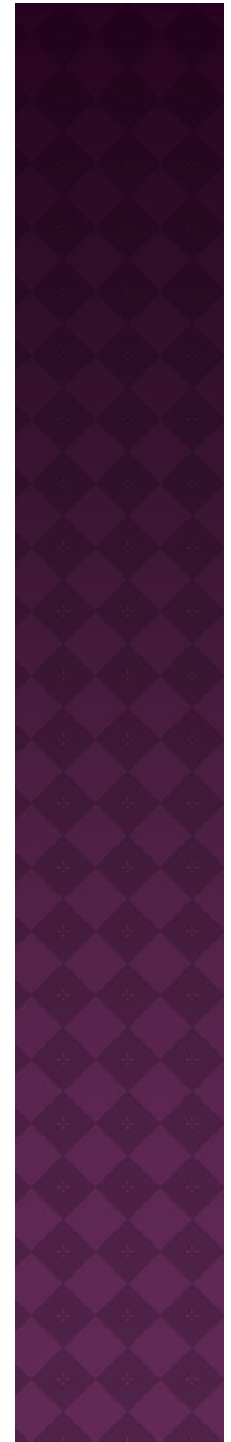


10 TIPS TO IMPROVE INDOOR AIR QUALITY PART 2

by Éva Ujaczki

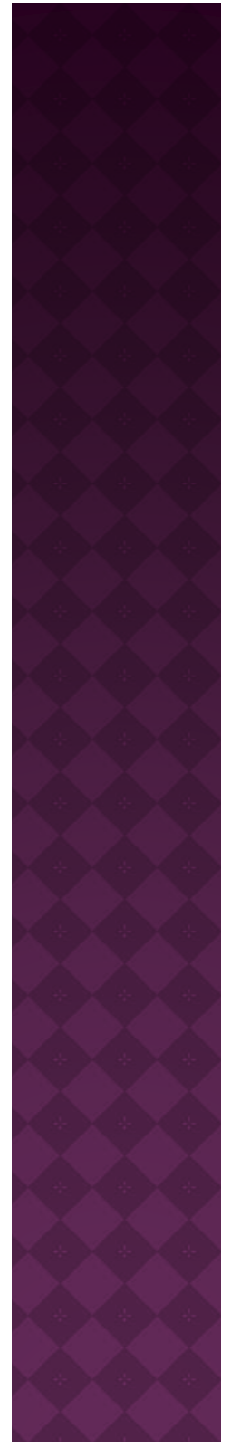
7. DRY CLEANING

Ask your dry cleaner if they offer safer alternatives such as liquid carbon dioxide or "wet cleaning" rather than the commonly used cleaner perchloroethylene, a suspected cancer-causing chemical.



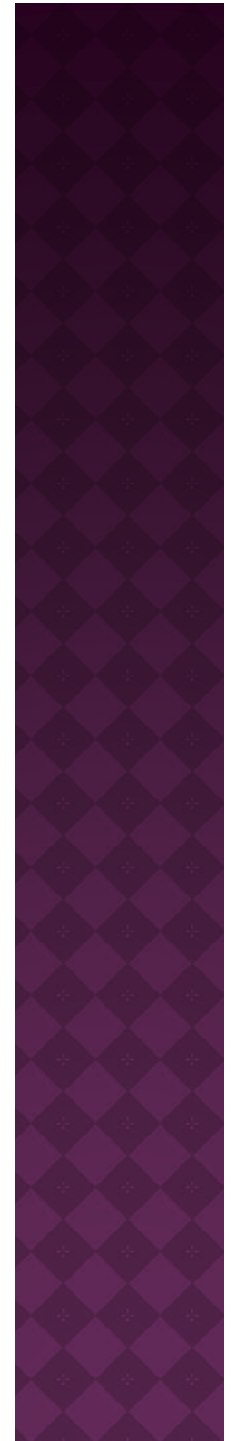
8. GOT MOTHS?

Eliminate the use of mothballs since they contain naphthalene or paradichlorobenzene. Instead, clean and seal wool clothes, use cedar blocks, shavings or oil.



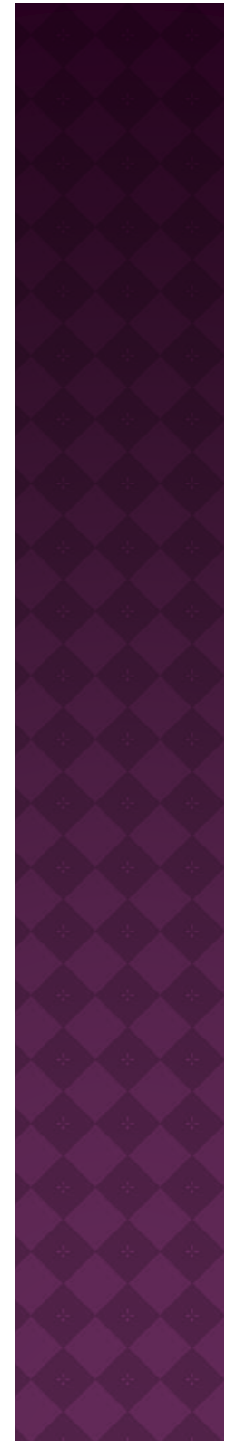
9. MOLD

Dry is the operative word. Prevent mold and the overuse of bleach by preventing moisture buildup in the first place. Fix leaky pipes and faucets immediately. Make sure water slopes away from foundation of your home.



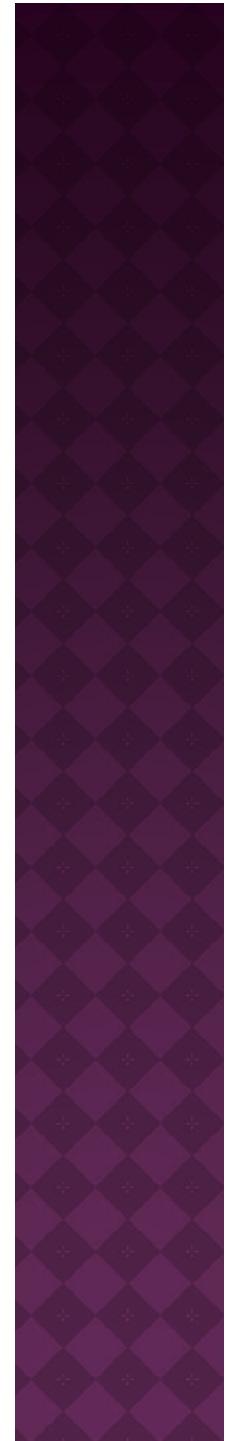
10. BASEMENT

Do not leave a car running even with the garage door open especially if the garage is under the living area. Carbon monoxide can easily seep through walls and floors. When your oil company calls during the slow summer months to clean your boiler, don't delay. And test your house for radon.

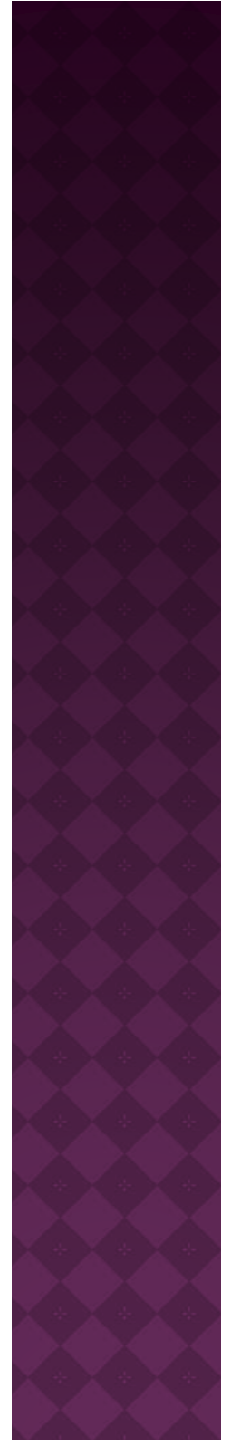


BONUS TIP: AVOID TOBACCO SMOKE!

Ask those who live with you to smoke outdoors. Indoor tobacco smoke is a major contributor to airborne contaminants in the home. Over 4,000 chemical compounds, of which 40 are known or suspected carcinogens, have been identified in tobacco smoke.



- This information is provided as a public service from the Massachusetts Toxics Use Reduction Institute (TURI) at the University of Massachusetts Lowell.
- Established by the State's Toxics Use Reduction Act of 1989, TURI provides research, training, technical support, laboratory services and grant programs to reduce the use of toxic chemicals while enhancing the economic competitiveness of local businesses.

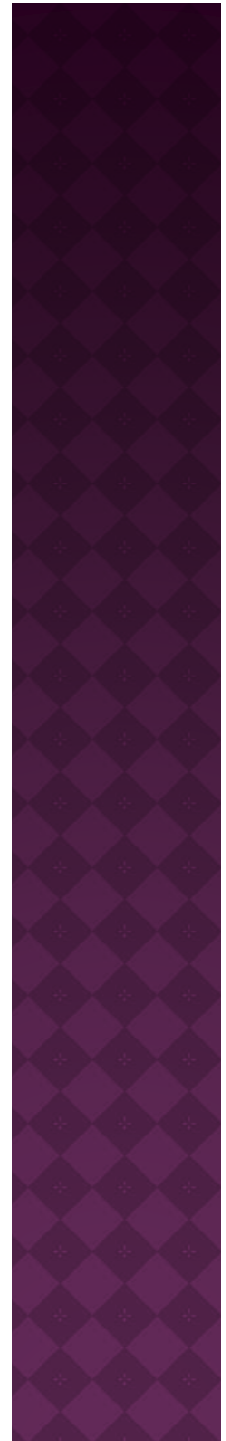


From:

- ◉ http://www.turi.org/news_1/press_center/tip_sheet_series/10_tips_to_improve_indoor_air_quality

From picture:

- ◉ <http://www.argep.hu/trend/ULTR/Ultrahangos-tisztito.html>
- ◉ http://www.matyasciprian.hu/novenyek_cikkek/kutyak_es_a_pazsit.php
- ◉ http://www.linoleum.hu/pvc_padlok.html
- ◉ <http://www.rootsrain.com/?cat=25>
- ◉ <http://pandhys.hu/smink-koromlakk.php>
- ◉ <http://kecskemet.olx.hu/mosas-vasalas-vegyszer-tisztitas-szonyegtisztitas-iid-118689600>
- ◉ <http://www.lakberendezes.hu/iras/mutat.php?id=314>
- ◉ http://avaloditisztasagvilaga.blog.hu/2008/06/17/a_penesz_egeszsegkarosito_hatasai
- ◉ <http://baubid.hu/baubid/portal/kereses?fulltext=gar%C3%A1zs&naplo=0>
- ◉ <http://www.meno.ro/nyomtatasi/hir=1434>



Thank you for your attention!

