Why is Healthy Air Important?

We all breathe, and it's important that the air we take in is healthy for us to inhale. Air that has unhealthy levels of chemicals or particulates can cause or worsen current respiratory issues, such as asthma. Chemicals such as carbon monoxide inhibit the ability of our lungs to use oxygen; ground-level ozone can irritate existing respiratory issues, and potentially damage airways.

Being aware of and helping to resolve air quality concerns can improve our quality of life and allow us to maintain better health. Use of air filters, proper ventilation, use of smoke alarms/carbon monoxide alarms, and limiting exposures to "**bad air days**" can benefit our health, and our ability to breathe.

To find out about local "**bad air days**," check out these online resources:

- www.airnow.gov/
- https://fire.airnow.gov/
- https://www.pca.state.mn.us/air-water-land-climate/current-air-quality-conditions
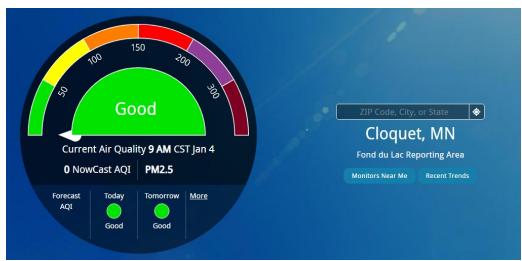
Energy Saving Tips!

—Use energy efficient appliances

    —Look for ENERGY STAR appliances

—Use LED Lightbulbs

—Wash clothes in cold water

—Clean/replace filters regularly

—Use natural light when possible

—Use a timer or solar for outdoor lighting

—Turn off appliances/lights when leaving a room

—Plant deciduous trees— shade in the summer, warmth from the sun in the winter

—Seal any cracks/leaks around windows/doors

—Turn off/unplug electronics when not in use

Fond du Lac Reservation

Fond du Lac Resource Management
Environmental Department
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Tips for Healthy Indoor Air

Booch ji-ayaamagak biinanaamowin!
(There must be clean air!)

Tips from the Fond du Lac Air Program

Indoor Air Quality Tips for a Healthy Home

Cold Months

—If using a ceiling fan to move air in cold months, make sure it runs **clockwise** to create an updraft to cycle warm air

—Store firewood in a dry place **outside.** Bring only a day's worth of wood in at a time to minimize mold spores and excess moisture

—Ensure wood stoves/fireplaces have proper ventilation

—Too dry in the winter? Use a humidifier, but be sure to properly maintain and clean it!

Year-Round

—Use proper ventilation: turn on bathroom exhaust fans (during and after all showers) and range hoods when cooking (if you don't have one, crack open a window or door)

—Maintain an air circulation/HVAC system

—Clean/dust fans regularly to ensure efficiency and function

—Make sure to change any air filters in your home on a regular basis for improved air quality and efficiency

—Keep furniture at least 6 inches from exterior walls, and mattresses/box springs raised several inches above the floor to allow for proper airflow and minimize accumulation of moisture

—Maintain smoke alarms and carbon monoxide detectors (check/replace batteries)

—Ensure windows/doors are properly sealed
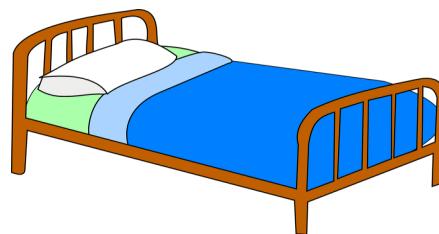
Warm Months

—Make sure ceiling fans run **counterclockwise** in the warmer months to create a downdraft of cool air

—Store firewood in a dry place **outside** to minimize mold spores and excess moisture.

—Too humid in the summer? Use a dehumidifier, but be sure to properly maintain and clean it!

—Natural ventilation is a great resource, crack open windows to allow air circulation when possible, but be sure to check for any air quality alerts!