Indoor air quality can suffer in the winter due to lack of ventilation, help your family breathe easy with these simple steps.

Start spring cleaning early
Household dust can store allergens and indoor pollutants, stop them in their tracks with a HEPA filter vacuum.

Make mopping a habit
Mopping is more effective than sweeping and vacuuming at picking up dust. Even a quick wipe down without soap or cleaners is beneficial.

Use safe products
Synthetic fragrances and cleaning agents can introduce chemicals to your home that may be toxic. Using products with the EPA’s Safer Choice label can reduce the risk.

Test for radon
Radon is a colorless, odorless gas that has been linked to lung cancer. Any home in New Jersey can have a radon problem. Testing is easy and radon can be managed.

Learn more about radon at:
www.nj.gov/dep/rpp/radon/radontes.htm

Find more indoor air quality tips at:
www.epa.gov/indoor-air-quality-iaq
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