Did you know? Air pollutants can be 5 times higher inside than outside! This pollution comes from mold, pests, dust, cleaning products, cigarette smoke, stoves - even your furniture!

Air it out! Open windows, use bathroom fans and use the exhaust hood when cooking to improve air quality in your home. Clean up! Wet dust, wet mop, and clean up food and water to prevent pests and mold.

Shoes off! Isabella and Joel always take off their shoes before coming into the house and wash their hands to stop outside dirt and chemicals from coming inside!

**WEEKLY GOAL**

Understand common sources of indoor air pollution and develop a plan to improve your indoor air quality.

**ACTIVITIES**

1. **Cleaning Day:** Designate a day to deep clean your house and get the whole family involved! Have each family member pick a project to tackle for the day (checking the air vents, vacuuming, etc). Open your windows, play your favorite music, and have fun!

2. **Come Home Chart:** Make a chart near your door to mark how many days you take off your shoes and wash your hands when you get home. Try to see how many days you can get in a row!