

creating a
**HEALTHY
HOME**



Easy steps towards a healthier home for you & your family

creating a HEALTHY HOME

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WHAT IS A HEALTHY HOME?



PROTECTING AGAINST COLD & FLU



PURIFY YOUR INDOOR AIR



HEALTHY MAINTENANCE CHECK LIST



CLEANING YOUR AIR DUCTS

WHAT IS A HEALTHY HOME?

The environment inside your home should support good health. But what makes a healthy home environment? These principles provide an outline of elements that create a healthy home.

CLEAN:

Clean homes help reduce pest infestations and exposure to contaminants.

PEST-FREE:

Studies show a relationship between exposure to mice, cockroaches, and asthma episodes in children. Improper treatment for pest infestations can worsen existing health problems. Consider scheduling a pest inspection.

SAFE:

Falls are the most frequent cause of residential injuries, followed by burns, and poisonings. Add non-slip rugs, tighten handrails, and adjust water heater temperature to prevent burns.

CONTAMINANT-FREE:

Chemical exposures include lead, radon, pesticides, volatile organic compounds, and environmental tobacco smoke. Lead paint in older homes is a primary cause of poisoning. Remove all old paints, stains and chemicals.



TEMPERATURE & HUMIDITY CONTROL:

Tenants and homeowners are at risk for various health problems related to prolonged exposure to excessive heat or cold when their homes do not maintain adequate temperatures. Humidity should be kept to 60% to prevent mold growth. Humidity meters can be purchased at your local hardware store, or online and are relatively inexpensive.

Source: [National Center for Healthy Housing, Read more here.](#)

PROTECTING YOUR HOME

TO REDUCE THE SPREAD OF COLD & FLU



SIMPLE INGREDIENT, ALL NATURAL CLEANER:

Mix :

- 3 Parts Filtered Water
- 1 Part Vinegar
- 1-2 tsp Lemon Juice
- 5-7 Drops Lemon (or Thieves) Essential Oil

Add to spray bottle and fill remaining amount with hot water.



WHEN A SICK PERSON
COUGHS OR SNEEZES,
**VIRUS DROPLETS CAN
TRAVEL 6 FEET!**

TOP GERM INFESTED AREAS IN YOUR HOME:



- ✓ **Your Phone** - Viruses can survive on your phone anywhere from a few hours up to several days!
***TIP: Don't forget to wipe down all of your phones.**
- ✓ **Remote Controls** - One of the most touched and least cleaned items in your home.
- ✓ **The Bathrooms** - This one may seem obvious but don't forget the faucets, toilet handle and door knobs!
***TIP: Give the sick person their own disposable towel to reduce the spread of flu/viruses!**
- ✓ **Light Switches**
- ✓ **Tables and Countertops!** Kitchen tables, coffee tables, desks and night stands!
- ✓ **Wash Sick Person's Items Separately** - Wash towels, bedding and stuffed animals at high temperatures.

battle germs. naturally

MAKE YOUR OWN

ANTIBACTERIAL HAND SANITIZER

Avoid store bought antibacterial products, they can destroy the protective barrier of your skin. This barrier is what helps your body prevent foreign invaders (*including bacteria!*) from entering the body.

**CONTAINS:
NO PARABENS!
NO ALCOHOL!**

INGREDIENTS

7 Drops Red Mandarin Essential Oil
5 Drops Lavender Essential Oil
2 oz. Plant Enzymes

INSTRUCTIONS

Add Red Mandarin and Lavender essential oils to 2oz. Glass or PET spray bottle. Next add your plant Enzymes, screw on the lid and give it a good shake! Add a label to your bottle and you are ready to go! Shake well before each use.

Items can be purchased online or at your local health store.



Source: The Organic Goat Lady

2 EASY STEPS...

for cleaner air in your home!

1. LEAVE YOUR SHOES AT THE DOOR!



Your shoes track many things into your home - pesticides, bacteria or pollen. Remove your shoes before entering your home or at least once you are inside. It'll keep your air, and your floors, cleaner!

INDOOR AIR IS
**2-5 TIMES
MORE
POLLUTED**
THAN OUTDOORS!



2. CONTROL PET DANDER!



Pet dander (dead skin cells) can have a serious effect on anyone with pet allergies who lives in or enters your home. Cats and dogs naturally shed dander from their skin and coats. Bathing and brushing can significantly reduce the amount of dander in circulation.

HOW TO:

PURIFY YOUR INDOOR AIR

house
plants

PLANTS ARE NATURE'S PERFECT AIR PURIFIERS.

They draw in surrounding air, remove toxins, and release clean oxygen into the environment. While not every plant removes the same toxins, you can find the perfect plant to meet your home's specific needs.

COMMON INDOOR VOC'S INCLUDE: Formaldehyde, toluene, and xylene and can be linked to items such as paints, adhesives, carpet, upholstery, air fresheners, cleaning products and more!

Learn more about what's in common household items: [Household Products Database](#)

Boost your mood, increase productivity and purify your indoor air with these plants:



BOSTON FERN:

A hardier variety of fern adaptable to warmer homes. Removes formaldehyde, xylene, and toluene.



FICUS:

Common home and office plant. The ficus can reduce formaldehyde vapors from your living space.

BAMBOO PALM:
Grow well in low light, they are ideal for offices and the more closed off areas of your house. Bamboo Palms purify xylene and toluene from the air.



MONARCH ORCHIDS:

Temperamental about their soil medium and water intake, but lovely when they bloom. Moth Orchids reduce xylene, toluene, and even paint fumes.



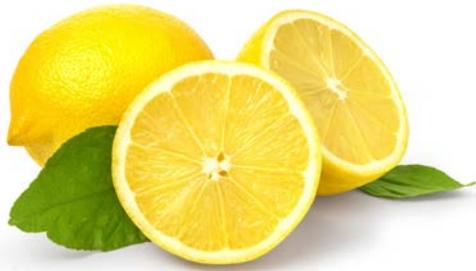
HOW TO:

PURIFY YOUR INDOOR AIR

*esssential
oils*

Essential Oils can remove impurities from the air and add an aromatic ambiance! When it comes to essential oils, your risk comes with labeling: be sure that you're really getting 100% pure oils that do not have any manufactured chemicals added.

Essential oils can be used to create a room spray or diffused into the air.



LEMON:

Uplifting, awakening scent. Try diffusing in the mornings, as you get ready for your day!



CINNAMON LEAF:

Warm and inviting scent. Helps create a calm happy atmosphere.



EUCALYPTUS:

Fresh scent, a natural decongestant. Use in cooler months or allergy season to clear your sinuses!



LAVENDER:

Sweet, floral scent. Known for its relaxing and calming effects.

healthy home

MAINTENANCE CHECKLIST



**45% OF HOMES
HAVE AT LEAST ONE
HEALTH OR SAFETY
HAZARD!**

✓ **Does your home have carbon monoxide detectors?**

Carbon monoxide leaks occur from appliances that burn fuel, liquid space heaters, and wood stoves. Carbon monoxide detectors should be installed on each level of the home, especially near bedrooms. If the alarm sounds, move to fresh air and call 911.

✓ **When is the last time you checked the smoke alarm and replaced the batteries?**

A working smoke alarm is your first and best defense against injury or death from a house fire. Smoke alarms should be tested monthly.

***TIP: It is recommended to change batteries yearly, and replace the entire smoke alarm every 10 years.**

✓ **Have you cleaned your dryer vent & lint trap?**

When lint builds-up inside the dryer vent and lint trap, the resulting overheating of the dryer can ignite the lint and produce a destructive fire.

✓ **Have you tested for radon?**

Radon is a colorless, tasteless, odorless gas that builds up in the soil beneath your home and rises up through holes and cracks. Radon is the second leading cause of lung cancer.



**1 in 16 homes
have high radon
levels!**

WHY SHOULD MY I CLEAN MY AIR DUCTS?



Heating and cooling systems are the lungs of a home, taking air in and breathing it back out – also, if your air ducts look dirty, they probably are. A typical six-room home, produces up to 40 pounds of dust every year through everyday living. These contaminants are pulled into your HVAC system, and recirculated up to seven times per day.

BENEFITS OF AIR DUCT CLEANING!

Cleaning vents eliminates contaminants such as home dust, mold, fungi and bacteria. Air duct cleaning should be considered to improve indoor air quality and help reduce allergies from dust. Air duct cleaning can also greatly improve your home HVAC system's efficiency. When your air ducts are clean and air is flowing freely, your HVAC system does not have to work as hard and less power is used, lowering your monthly energy bills!



HOW ARE AIR DUCTS CLEANED?



The most effective method of cleaning of air ducts is through "Source Removal." This requires a contractor to place the system under negative pressure through the use of a specialized, powerful vacuum. While the vacuum draws air through the system, devices are inserted into the ducts to dislodge any debris that might be stuck to interior surfaces. The debris are pulled into the vacuum and removed from the system and the home.



CLEANING THE AIR DUCTS IN YOUR HOME HELPS
MAINTAIN HEALTHY INDOOR AIR QUALITY!



FREE AIR DUCT
CLEANING QUOTE

CALL TODAY!  **877.957.5670**

**ADVANTACLEAN CAN HELP YOU ACHIEVE & MAINTAIN
A CLEAN, SAFE, HEALTHY & ENERGY EFFICIENT
HOME OR BUSINESS!**



MOLD



MOISTURE



AIR DUCT



WATER



RADON