

A Healthy Home for Comfortable Living

We all want to take good care of our families but many of us have hidden dangers in our home that can affect our and our children's health. Just how do we track down those hidden dangers? These tips will help you better understand how to make your home healthy and comfortable.

Control Moisture

Water and excessive humidity support the growth of mold, insects, rodents, and dust mites. Keeping a home dry helps control mold and pests, and it discourages dust mites. Relative humidity inside the home should be maintained between 40 and 60 percent. The three most important sources of moisture that require control are rainwater, groundwater, and plumbing. Repair leaking roofs, walls, doors, or windows.

Keep It Clean

A clean house is a healthier house. Clean your home often. Dust provides food for mold, insects, rodents, and dust mites. Smooth and cleanable surfaces make it easier to remove dust. Control the dust and pollen that comes in at each entry by using washable throw rugs. Keep the clutter down. Clutter makes it difficult to clean, and in many cases, it may serve as food for pests.

Keep It Ventilated

Ventilation provides a way to remove pollutants and to control humidity. Open windows and use exhaust fans to help control pollutants. When outdoor air is brought into the home, ideally use a filter to remove pollens and other outdoor pollutants.

Keep It Free of Combustion By-Products

Combustion by-products such as carbon monoxide, sulfur oxides, nitrogen oxides, and soot should not be in a healthy home. Furnaces, water heaters, and fireplaces that burn fuel must vent to the outside. Stoves, ovens, and cook-tops that burn fuel must be used with fans that vent the combustion byproducts to the outside. Never use the kitchen stove or oven to heat your home because they release sulfur oxides and nitrogen oxides. Never warm up a car in an attached garage because of the carbon monoxide it releases.

Keep It Free of Chemicals

No environment can be totally free of chemicals, but we can control our exposure. We can select household materials that don't release chemicals. We also can eliminate the cleaning compounds, pesticides, alkyd based paints, and solvents that we use in our homes. The use of 'green' cleaners and no VOC paints will help to prevent chemicals from adhering to the soft surfaces in your home.

Keep It Comfortable

A comfortable temperature and humidity level in a home allows for the windows to be closed if needed. Too hot or too cold is usually uncomfortable. When a home is uncomfortably humid (above 60 percent RH), particularly in the summer and fall, it may require a dehumidifier or air conditioner.

New England Interior Design Studio, LLC

"Designing a healthy home for comfortable living"

Specializing in: Green Interior Design * Home Staging * Color Consulting

254 North Broadway, Suite 109, Salem, NH 03079

www.neidslc.com Contact: info@neidslc.com 603-553-9050 or 603-560-7016