



# 7 EASY TIPS

## for Healthy Home Maintenance this Spring

Spring often means home cleaning, but it can also be a great time to check off some key maintenance tasks to create a healthier indoor space. Here are seven tips to help you welcome a new season in a healthier home:

In the U.S., we spend

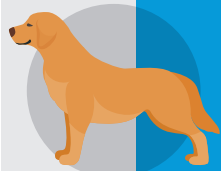
**90%**

of our lives indoors<sup>a</sup>



**Install detectors for carbon monoxide, 'the silent killer,' on every floor**

DYK: Fire departments respond to 9 carbon monoxide incidents per hour<sup>b</sup>



**Change air filters to help reduce pet dander in the air**

67% of U.S. households are home to at least one dog or cat<sup>c</sup>

**Never use lawn equipment in the garage even with the door open**

Dangerous concentrations of carbon monoxide can build up in minutes<sup>d</sup>



**Leverage natural light to protect the circadian rhythm<sup>a</sup>**

The average person spends 1/3 of their life in a bedroom<sup>a</sup>

**Remove candles and incense<sup>a</sup>**

To reduce airborne particles and fire hazards

**Scrub springtime allergens out of the air with an air purifier**

Consider a whole-home air purifier to help reduce dust, dander and pollen

**Consider a dehumidifier and check for signs of water issues like mold growth, water stains and warping<sup>a</sup>**

Relative humidity should be balanced for optimal comfort and health

## HEALTHY HOMES

To learn more about how Carrier can enable safer, healthier homes, visit [corporate.carrier.com/healthyhomes](https://corporate.carrier.com/healthyhomes)

<sup>a</sup>Harvard T.H. Chan School of Public Health Homes for Health: 36 Expert Tips to Make Your Home a Healthier Home report

<sup>b</sup>National Fire Protection Association

<sup>c</sup>American Pet Products Association 2019-2020 National Pet Owners Survey

<sup>d</sup>Centers for Disease Control and Prevention (For internal reference: <https://www.cdc.gov/niosh/topics/co/default.html>)