



# **COMPLETE GUIDE TO IMPROVE YOUR HOME'S INDOOR AIR QUALITY**

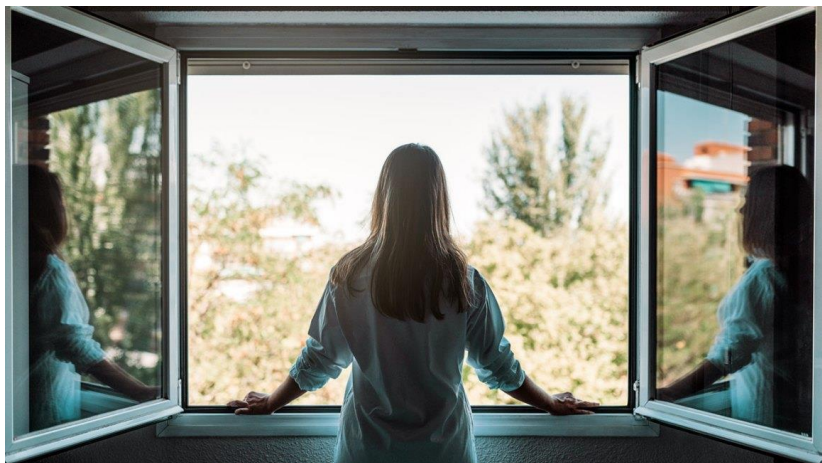
# ABSTRACT

Using a quality air purifier is one way to improve air quality in your home. You should keep a three-pronged approach in mind, though: Filter the air, introduce fresh air, and manage humidity, experts say. Here are ideas for improving indoor air quality, whether you or someone in your home has allergies or environmental conditions outdoors are causing poor air quality inside.

## INTRODUCTION

Taking steps to boost your indoor air quality can help you lower your risk of developing health conditions and may even improve your quality of life. We've got tips to get you started.

### I. 8 Ways to Improve Your Air Quality at Home



You might often come across news stories about air pollution and its impacts on public health. But how frequently do you think about the quality of the air indoors?

While outdoor air pollution certainly poses a concern, it might be easy to forget that the quality of the air you breathe at home may be just as important.

According to the Environmental Protection Agency (EPA), levels of air pollutants indoors may not only be up to 100 times higher than outdoor air pollutants, they could also have a greater effect on your health.

The health impacts of indoor air pollution depend on the type of pollutant present in your air, but they can include:

- cancer
- pneumonia
- asthma
- allergic reactions
- heart disease
- low birth weight

People with respiratory or heart conditions, as well as young children and older adults, may also have a greater risk of developing some health concerns connected to low indoor air quality.

Unexplained respiratory symptoms could offer a clue that it may be time to check the air quality in your living space. But other times, even pollutants with the potential to cause harm go completely undetected for years.

## 1. Cut down on pollutants

An important way to keep your indoor air clean involves learning about common sources of pollution and avoiding adding pollutants when you can. Some common pollutants include:

### Radon

Radon, a natural radioactive gas, can seep up through cracks in the earth and build up in your home, leading to health problems including lung cancer.

Home test kits offer a simple way to check for unsafe levels of radon in your home. If testing reveals high levels of radon in your air, you can typically reduce radon by

sealing the foundation of your home so that the gas can't leak into your living space. Learn more about radon and how to handle it.

## Secondhand smoke

Second-hand smoke refers to exhaled cigarette smoke. Anyone exposed may have a higher risk of developing health concerns, including certain types of cancer. Thirdhand smoke, found on surfaces like clothes or furniture that absorb it, also poses a health risk.

The best way to keep second and thirdhand smoke out of your living space is to avoid smoking indoors. If possible, it could also be a good idea to minimize the habit, since the thirdhand smoke on your clothes may still affect your living space and air quality.

## Formaldehyde

Formaldehyde is a common volatile organic compound, or VOC — one of many harmful gasses sometimes emitted by common household items.

Commonly found in glues used in composite wood and many types of furniture, formaldehyde can seep into your indoor air. Too much exposure can cause respiratory issues, including bronchitis.

You can reduce formaldehyde's effects on air quality by:

- opting for used furniture instead of new — furniture tends to release lower amounts of formaldehyde over time
- choosing solid wood furniture over composite wood

## Cleaning products

Certain cleaning products contain harmful chemicals that may linger in your air, including:

- glass cleaners
- air fresheners

- bleach
- cleaning sprays

Choosing safer, nontoxic cleaning products can help you keep your home clean, without the excess pollutants contained in some standard cleaning products.

## 2. Test your air quality

If you're concerned about the air quality in your home but aren't sure what changes could help the most, a good place to start involves testing your air quality.

You can either choose the DIY route or call in a pro. The method you choose can depend on your needs. Doing it yourself is often less expensive, but working with a professional will likely yield more extensive results and personalized info.

### DIY air quality testing

You can find a variety of air quality test kits online. Some kits allow you to check for multiple pollutants, while others test for just one, like radon.

Because many at-home test kits aren't comprehensive, it might make more sense to do at-home testing if you're only interested in checking for one or two particular pollutants. If you want a full panel of results, working with a pro may actually be more efficient in the long run.

Comprehensive at-home tests generally cost up to \$200, but you may need to spend more when checking for more pollutants.

### Professional air quality testing

Hiring a professional will likely cost more than using a test kit, but many professionals offer additional services to help you manage any sources of pollution found during the test. For example, pros who offer air quality testing may also specialize in mold prevention and removal.

## 3. Take steps to control allergens

You'll commonly find a host of allergens and irritants in many indoor spaces, including:

- dust
- mold
- pet dander
- dust mites

Keeping these allergens at bay will usually improve overall air quality in your home, not to mention reduce your chances of experiencing respiratory symptoms, including

- runny nose
- watery eyes
- sore throat
- sneezing
- skin rashes
- itching

Managing allergens in your house requires both prevention and upkeep. Preventative strategies for controlling allergens include:

- brushing and bathing your pet regularly
- washing bedding in hot water twice per month to eliminate dust mites
- choosing hypoallergenic pillows and impermeable mattresses to keep dust mites out

You can also remove allergens from indoor air by:

- vacuuming and dusting to keep pet dander, dust, and dust mites from accumulating
- washing mold off nonpermeable surfaces, like tiles and metal, using a bleach or soap solution

- removing and replacing carpet, wood, or drywall where mold is growing

#### 4. Use an air purifier

Bringing an air purifier into your home is one effective way to keep your air cleaner. You may want to opt for an air purifier with a high efficiency particulate absorbing (HEPA) filter, since these tend to do the best job of removing harmful particles from the air.

HEPA filters may remove more than 99 percent of harmful particles from your air, in fact. Air purifiers can't remove all types of pollution, so you may want to consider an air filter if you want to reduce:

- VOCs
- smoke
- mold spores
- excess carbon dioxide
- allergens like pet dander

An air purifier with a HEPA filter can even help remove flu virus particles from your air. Searching for an air filter but don't know where to start? Check out our list of the best HEPA air purifiers.

#### 5. Improve ventilation

Keeping the air flowing in your home offers a simple (and potentially cost-free) way to improve your air quality. Opening windows and doors to let some outside air flow through is one way to do this — as long as the outdoor air is clean or low in pollen.

But air enters your house through vents as well as weak spots like tiny spaces around doors. While there's not as much you can do about the air that enters through these openings, it might help to make sure that the air channeling into your living space via vents isn't contributing to the problem.

This means:

- regularly changing out any filters in your home heating and cooling systems
- making sure any air ducts in your home are clean and unobstructed, since dust can build up over time
- checking the filters in appliances that bring air into your home and changing them according to the manufacturer's instructions

## 6. Reduce dampness

Dampness in indoor spaces can lead to many health hazards, including mold growth. Dampness and high humidity may also cause VOCs to leach into your air.

Damp indoor environments can result from a variety of factors, including:

- humid climates
- leaky pipes or roofs
- areas with pooling water
- low ventilation in areas with a lot of steam, like bathrooms and kitchens

Damp conditions can lead to many respiratory symptoms, including coughing, wheezing, and asthma attacks.

You can reduce dampness in your living area by:

- using a dehumidifier
- turning on a fan or opening a window when you shower or cook
- finding and eliminating areas of pooling water or moisture in your home

## 7. Check on your heating systems

Some heating systems can also have a big impact on air quality.

Wood-burning stoves and fireplaces can release high amounts of harmful particles into your indoor air that may increase your risk of developing long-term health conditions like lung cancer.

Other potentially higher-risk heating options include heating systems with older furnaces and gas-fueled heating appliances.

Gas-powered heating systems have the potential to release more carbon monoxide, an odorless gas that can cause suffocation and death, into your air. Some experts recommend using direct vent gas appliances, which keep the gas from mingling with your indoor air.

Solar and electric heating options could keep your indoor air much cleaner than other heating systems. If you have the option, these are usually your best bets for cleaner air.

## 8. Use indoor plants effectively

People commonly recommend using house plants to help cleanse the air in your home. Research on this remains contradictory, though.

A 2017 research review found house plants could help reduce specific indoor air pollutants, including VOCs and fine particles, but the results of many of the studies differed when it came to how much of an impact indoor plants really have.

What's more, the results of a 2019 review suggest the ventilation already present in most buildings does far more to remove VOCs from the air than indoor plants.

Indoor plants might even contribute to more problems than they solve if they become a source of mold or trigger your allergies. Another factor to consider is the type of plant. When it comes to removing pollutants, not all plants are equal.

Plants recognized as more effective at keeping indoor air clean include:

- Dracaena, a popular genus of houseplant that often has sword-shaped leaves that come in many colors
- Spathiphyllum, also known as peace lily
- Hedera helix, or common ivy

Of course, indoor plants can still offer plenty of benefits.

A variety of factors can impact the air quality in your living space, and they can contribute to a range of short- and long-term health effects.

Testing your indoor air quality can bring some peace of mind if you're worried about indoor air pollution. From there, taking steps to prevent and reduce specific problem pollutants can help you maximize the quality of the air in your home and minimize any associated health risks.

## **II. How to get rid of dust mites naturally – 11 simple ways to destroy them**

Learn how to get rid of dust mites with steam, essential oils and more to put your mind and allergies at ease.



Need to know how to get rid of dust mites in your home? You've come to the right place. Dust mites are bad news for allergy sufferers and can be responsible for other common issues such as skin acne. The unpleasant thing about them, is that these tiny insects are invisible to the naked eye and they can be, everywhere, including the couch and your bed... Not ideal.

For those with one of the best steam cleaners, it can be easier to stay on top of eradicating them from the couch and other soft furnishings as they won't survive a high heat. Otherwise, it's about maintaining a thorough and consistent routine of

vacuuming, washing bedding at 60 and for special cases, introducing essential oils and natural repellents to keep their numbers at bay – and your allergies at rest.

Dr Tim Bond from Puressential([opens in new tab](#)) - the brains behind the evidence-backed plant-based health products, notes, 'Dust mites thrive in house dust because it provides a food supply. House dust contains dead skin cells which humans and animals shed.' While not a problem for most people, dust mites can wreak havoc with the health of those who are sensitive; if that's you, you'll want to get rid of them ASAP.

## HOW TO GET RID OF DUST MITES

Firstly, limiting dust – and other conditions that dust mites love – plus getting into a regular cleaning cycle can limit their numbers, and any allergic reaction to them.

'Be sure to dust top to bottom and using a microfibre cloth. Using an ordinary duster simply moves dust around. And if your aim is to kill dust mites naturally, don't use any chemical cleaners and polishes. Essential oils, such as Palmarosa oil kill dust mites naturally.' Adds Bond.

For extreme cases, it's worth investing in a good natural anti-pest spray like Puressential's 100% plant origin spray that you can find on Amazon also – it uses the natural power of Palmarosa essential oils to help eradicate dust mites and the like from bedding, clothes and soft furnishings.

### 1. VACUUM, DUST AND AIR

Regular vacuuming with one of the best vacuums, carpet cleaning, dusting, airing affected rooms by opening windows, and laundering curtains are general steps you can take to kill dust mites.

More specifically, airing your bedding every day – pushing back the covers instead of making the bed – will reduce the humidity that encourages dust mites.

If your allergy is very bad, it may be worth investing in mite-proof duvet covers, pillowcases, bedsheets, or considering one of the best mattresses for allergy sufferers also.

Hypo-allergenic bedding has a tightly woven fabric that makes it nearly impossible for dust mites to penetrate into the duvets, pillows and mattress; it also prevents your body's moisture and dead skin from doing the same, cutting off their food source.

A good mattress protector will provide a barrier to help prevent dust mites breeding in your mattress, but if you're thinking of replacing your mattress, buy one – and a pillow to match – that's hypo-allergenic, to discourage dust mites from living and breeding in your bed. Looking for new bedlinen? Bear in mind that wool and silk are both fabrics that are inhospitable to dust mites.

## **2. WASH BEDDING AT THE RIGHT TEMPERATURE**

Heat will kill off dust mites since they can't survive temperatures of 60°C, so washing bedding, pillows and duvets once a week on a hot wash in your washing machine will help your situation. If you have a tumble dryer, putting the bedding through a hot cycle will finish off any that have survived the wash.

Martha Stewart shares her top tip for cleaning pillows with dust mites, too. 'Set the machine to the gentlest cycle, using warm water; add a small amount of a mild liquid detergent (powder detergent may leave a residue), then fill the tub loosely with your pillows. Repeat the rinse cycle to remove detergent completely,' she said.

If washable on a hot wash, launder soft toys once a week at 60°C.

Dust mites also can't survive below 16°C, so if you have items that can't be washed at a high heat, kids toys perhaps, consider freezing your child's favorite soft toys once a week in a plastic bag in the freezer. Then, simply remove them from the freezer and shake them well outside to remove the dead mites and their faeces. Nice.

## **3. WIPE DOWN SURFACES REGULARLY**

Dusting by wiping surfaces down with a damp cloth or basic microfibre cloth from Amazon will stop you launching dust mites into the air as you would do with a regular duster. Dispose of the dust by putting it on a hot wash after cleaning with some of the best cleaning products.

A thorough vacuuming once a week – rather than a light vacuuming every few days – with a HEPA filter vacuum cleaner will remove dust mites and their faeces (HEPA stands for High-Efficiency Particulate Air, and these vacuums work by trapping small particles in a fine mesh).

#### 4. INVEST IN A STEAM CLEANER

If you can afford to invest in even a basic steam cleaner, it can be worth it for allergy sufferers.

Lynsey Crombie, a.k.a Queen of Clean explains how 'Mattresses are covered in mites. These mites feed on dead skin that we naturally shed in our sleep. This means that you are rolling around and inhaling all kinds of nasty particles which could include fungal spores, bacteria, plasticisers and flame retardants.'

So, using a steam cleaner to clean a mattress is ideal. But, steam cleaning carpets, rugs, and furniture is a good place to start also. Do this once a week if your allergy is particularly bad, then vacuum the surfaces afterwards to remove them and their faeces. And, when you're cleaning, wearing a mask can stop you inhaling the dust that will aggravate your reactions.

#### 5. CONTROL HEAT AND HUMIDITY

Dust mites love living in an environment that's similar to what we enjoy – room temperatures between 24°C and 27°C, and humidity at around 70 per cent to 80 per cent suits them just fine, making breeding conditions perfect. Investing in a dehumidifier is wise for bedrooms, especially in summer, and if you don't have air con.

Otherwise, keep heating at no higher than 21°C, which is comfortable for most of us, but not so much for dust mites. Airing rooms to keep humidity levels low will also discourage breeding – if your rooms suffer badly from condensation or it's not practical to air rooms (perhaps your bedroom is on the ground floor), putting a dehumidifier on a timer and setting it to run for an hour or so every morning after you've left for work will do the trick.

#### 6. USE DIATOMACEOUS EARTH TO DESTROY DUST MITES

This is one of our favorite methods for killing dust mites, even if it sounds a bit out there. Diatomaceous earth is a natural fine powder made from silica rock that you can sprinkle on surfaces where dust mites live (beds, pet beds, furniture, carpets...) to kill them. It works by piercing their exoskeleton as they pass through it, which will kill them instantly.

Leave the powder for as long as possible – all day while you're out of bed is a good option – then vacuum it up (but ensure you're using a vacuum without a filter so that the powder doesn't clog it up).

This product is safe for us and for our pets, and can also be used to kill fleas and bed bugs.

## 7. TRY TEA TREE OIL OR PALMAROSA

Tea tree oil is a natural antibacterial, antiviral, and anti-fungal oil that is said to kill dust mites, and is definitely worth a try if your allergies are bad.

Here's how to use it at home:

- Mix two cups of distilled water with two tablespoons of tea tree oil and two tablespoons of eucalyptus oil in a dark spray bottle (so you can store it away without light spoiling the oils).
- Spray it liberally onto bedding, furniture and carpets at least once a week – bonus, it will make your home smell nice, too.

Bond recommends Palmarosa essential oil, found in the new Puressentiel's Anti-Pest Fabric Spray which kills and staves off house pests, the natural way. He said, 'Containing the power of Palmarosa essential oil, this spray can be used on textiles in the home, such as bedding, mattresses, sofas, cuddly toys, as well as indoor furniture.'

The Puressentiel Anti-Pest Fabric Spray's formula contains 0% Propellant Gas and leaves a fresh fragrance when used. Plus, a multi-directional pump means the spray can be used in any direction, making application even easier.

Puressentiel Anti-Pest Fabric Spray can be used on all textiles that are machine-washable at temperatures over 60°C, as well as non-washable textiles such as furniture, curtains, and car seats, at risk of infestation. It's best however to treat one textile at a time.'

'To use, spray the surface you wish to treat for 16 seconds per meter<sup>2</sup> from 30 cm away. One 150ml spray will cover the equivalent of around four standard double mattresses. Leave the spray for four hours and then air and vacuum or, if you're working on textiles that come into contact with skin, opt for a machine wash.'



## 8. SWAP CARPETS FOR HARD FLOORING

Dust mites love to live in carpets because carpets are the perfect environment for trapping dead skin and pet dander.

If the measures above aren't working for you, it could be worth swapping carpets for hard flooring.

## 9. CUT DOWN ON SOFT FURNISHINGS

Love a throw cushion but constantly sneezing on the sofa or in your bedroom? Cutting down on soft furnishings (the home of dust mites) is another option for allergy sufferers.

The fabric captures the dust and moisture in the air that dust mites love. Every time you disturb or plump these cushions, the dust will be thrown up into the air and on to other surfaces, and you'll get an allergic reaction.

Don't want to cut down on them? Steam clean them and shake them out in the garden once a week.

## 10. KEEP YOUR PETS (AND THEIR BEDDING) CLEAN, TOO

As we said, dust mites love pet dander, so hot washing their bedding once a week and regularly grooming your pets will keep dust mites at bay.

If you have a cat or dog that sheds a lot, you'll need to step up the vacuuming, too. If your vacuum's packed it in, have a look at our tried-and-tested guide to the best vacuums for pet hair. This won't only help you – some pets suffer from dust mite allergies, too.

Finally, keep your pets off the bed and, ideally, out of the bedroom – dust mites eat pet dander, too.

### III. 13 Secrets of People Who Always Have a Clean House



#### Time to come clean

If you don't consider yourself a "clean" person, it can be easy to feel resigned to the idea that you're either clean or you're not. But, fun fact: Cleanliness is not a quality people are born with.

Maybe you're using cleaning products the wrong way or just have some bad cleaning habits, but all it really takes is a little resourcefulness and creativity. Get yourself some trusted cleaning products and follow these guidelines for a clean home.



## They know how to make space

Even if you don't consider yourself a collector of "stuff," that "stuff" always seems to pile up in every corner and on every countertop. "Start following the one in, one out rule going forward," says Nancy Haworth of On Task Organizing in Raleigh, North Carolina. "When you buy something new, toss, sell, or donate an older item to create space for the new item."



## They smooth surfaces

Junk drawers have a habit of spilling out onto what should be an otherwise clean, empty surface. Countertops and tables are practically begging to be littered with stray mail and other odds and ends. People with clean homes tackle that problem immediately. "When you keep large, flat surfaces clear, not only are they more visually appealing, but easier to wipe down as well," says Carrie Higgins, author of *Organization Hacks* and founder of the blog Making Lemonade. "Don't store appliances on countertops or clutter on your desk." Here are a few items you shouldn't store on your kitchen countertop.



## They set cleaning systems in place

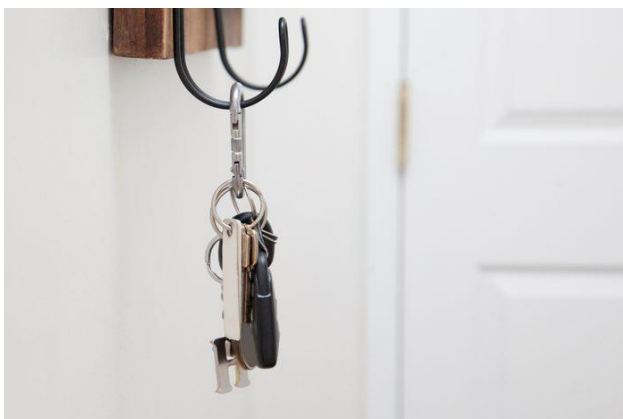
Clean homes don't just miraculously clean themselves—neat people have a protocol in place to keep things maintained and orderly. “People with neat homes tend to have a cleaning schedule and routines so dirt and laundry don't have time to pile up,” says Higgins.

“For example, they set a designated day to vacuum or do laundry every Monday so those big tasks don't get skipped.” Sometimes you may need to do something small every day. You don't need to hire anyone, but take the advice from a professional housecleaner about how they clean their own homes.



## They think clean when they step into the house

Sometimes it really is the little things that lend themselves to a sparkling abode. Bailey Gaddis, a certified professional organizer and author of *Feng Shui Mommy*, starts with a shoes-off policy. “When shoes are left at the door you prevent toxins, soil, leaves, and other goodies that quickly dirty up floors from making their way into your home,” she says. Check out some more secrets your housecleaner won't tell you.



## They have a place for everything

“If you have too much stuff without a place to go, the clutter and piles in your home become impossible to actually clean,” says Jennifer Snyder, owner of Neat as a Pin Organizing Experts in Waco, Texas. So if you have a peg in the kitchen for your keys or a shelf for your mail, use them.



## They clean as they go

“People whose homes always appear clean don’t wait until it looks like a bomb went off,” wrote Brittany Bergman on HuffPost. Rather, they have routines. “This might mean rearranging throw pillows and folding blankets when they’re done in the family room each night, having kids put toys back in the toy box, hanging up clothes at the end of each day, and folding the laundry right when it comes out of the dryer.” Get out of these bad cleaning habits you may not have realized you had.



## They find clever ways to store more

People with clean homes use their smarts when it comes to products that help them stay organized. “An over-the-door organizer has a variety of clear pockets where you can store jewelry and make-up, sorting by type—pencils, lipsticks, brushes, and eye

shadows,” says Paloma Baillie, a DIY expert with the 5mile app. “Everything is laid out, so you have easy access and can see items more clearly.” You can do a similar thing with office supplies if you don’t have room for a desk.

## IV. 10 Smart Tips To Allergy-Proof Your Home

Indoor pollen, dust mites, pet dander and other allergens can cause congestion and trigger asthma symptoms. It is easy to clean loose debris, spills and splatters from different surfaces but challenging to combat specks of dust, allergens and dirt particles.



You need proper tools and methods to improve indoor air quality. Regular dusting and vacuuming can alleviate the dust mites from surfaces like ceilings, floors, carpets, rugs and door tracks.

If you are moving out of a leased apartment, hire trained professionals for a detailed vacate cleaning in Perth. With their assistance, you can get the full bond back with ease.

However, if you are looking for powerful ways to allergy-proof your home, consider the 10 smart tips and tricks shared below in the article.

### 1. Keep Your Entryway Dust-Free

Dust particles and pollen cling to shoes when you enter your abode. In order to keep the outdoor allergens at bay, you need to deep clean the entryway. It is good to

implement a no-shoes policy and always vacuum your indoor mat thrice a week. This will prevent the spread of dust mites and soil from entering your living room and other areas.

Placing a doormat outside the door to wipe off shoes before crossing the threshold can minimise allergens.

## 2. Banish Mould In The Bathroom

Mould and mildew love to grow in humid and dark areas such as bathroom walls. These nasty black spores can lead to various health hazards and respiratory disorders. So, it is good to treat mould using proper products and tools.

Start by installing a ventilation fan and run it during every bath and shower to minimise moisture.

Inspect all the dark spots and check for mould. You can use white vinegar, dishwashing liquid and warm water solution for desired results. Leave the solution on the affected surface for 10-20 minutes before scrubbing it off using a brush tool.

**Tip:** Wipe around the tub, toilet and sink once a week to prevent the spread of mould and mildew.

## 3. Keep Dust Away From Bedrooms

It is always good to change your bedsheets twice a week in hot water to keep the allergens at bay. Vacuum the mattress to get rid of dead skin cells, dust mites, pollen, and other grime using a HEPA-filtered machine.



Apart from this, place dust mite-proof covers on mattresses. Use microfiber comforters and pillows. These will prevent the pollen and allergens from penetrating your bedding.

#### 4. Change Air Filters

If you want to allergy-proof your home, make sure you clean or change air filters in your cooling and heating systems on a regular basis. They accumulate a lot of dust and debris that can circulate and pollute the indoor air.

You can follow the manufacturer's instructions on timing and frequency when changing your filters. Use a vacuum cleaner with a brush attachment to remove dust and grime. Do this once every month to keep the allergens away.

You can also try time-saving tips to clean your house if you are a working professional and promote a healthy indoor environment.

#### 5. Use Blinds Instead Of Drapes

Blinds and shades gather fewer dust mites than fabric window treatments. If you love curtains, buy the machine-washable type. Window blinds can be cleaned easily using a vacuum cleaner with a brush attachment.

#### 6. Clean Overlooked Spots

Most people often forget important areas, such as light fixtures, light switches, ceiling fans, kitchen sink, and areas beneath heavy furniture and appliances. These are dust-laden areas that need regular cleaning.



It is good to use a microfiber cloth to get rid of dust and grime from these areas. You can also use a duster with an extendable handle to clean hard-to-reach spots.

If you are a tenant and prepping your rental property, look for reliable vacate cleaners in Perth to get the bond back. They bring a standard cleaning checklist to help you clean every nook and cranny without leaving stains and dust behind.

## 7. Eliminate Wall-To-Wall Carpet And Padding

Replace your wall-to-wall carpet and padding with hardwood flooring, especially if you have pets at home. Carpets tend to accumulate a lot of dust mites, pollen, pet hair, dead skin cells, grime, mould and mildew. This can trigger your allergy and even lead to serious health problems.

If you want to keep your plush carpets, vacuum and deep clean them on a regular basis. You can hire professional carpet cleaners in Perth for quality results.

## 8. Keep A Pet Away From Bedrooms

Do you have a furry friend at home? Make sure you keep the doors of your bedroom closed when you are not around.

It is good to cover vents with dense material because pet allergens are sticky. Also, clean and sanitise pet toys and other stuff regularly to keep the allergens at bay.

## 9. Spruce Up Upholstery Regularly

Upholstered furniture like a couch is a magnet for allergens and dust particles. If you are allergic to dust, you can opt for a leather or faux leather sofa. Removing dust, dander and grime from leather furniture is super easy.

Cover it with a machine-washable slipcover and wash it in hot water to kill dust and germs if you have upholstery furniture.

Vacuuming the surface once a week is also enough for an allergy-proof home.

## 10. Bring Indoor Plants

There are various indoor plants that can purify the air by absorbing VOCs or volatile organic compounds. However, some plants tend to promote mould grow and accumulate dust.

So, it is good to do thorough research before bringing household plants. You will need to do an experiment to see what works best for you.

Keeping a house clean and dust-free is a real challenge, especially during COVID-19 pandemic. You need to focus on regular house cleaning chores and follow these smart tips for an allergy-proof abode. If you are at the end of your lease, choose a company for a thorough vacate cleaning in Perth and retrieve your full bond money without any dispute.

## **CONCLUSION**

Making an effort to improve indoor air quality can help you avoid asthma flare-ups and allergy symptoms and keep you breathing easy through the colder months.

While it's probably not possible to eliminate all the allergens inside your home, you can reduce the number — and your exposure to them — by making some simple changes. Here are some strategies you can use to improve air quality inside your home and hopefully improve your allergy symptoms.

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