

Healthy Homes

... & DEALING WITH DUST



WHY IS IT HARMFUL?

Dust is more than just dirt; it's a mix of organic and inorganic materials: ¹

- hair & skin cells
- cloth fibres
- dust mites & bits of dead insects
- soil, pollen, and wood ash
- micro-plastics
- lead, mercury and pesticides
- endocrine disrupting phthalates & PAHs
- carcinogens such as asbestos.

Dust is continuously resuspended in the air when disturbed and accumulates more toxins as it resettles. The dust in crevices of an older home might even contain banned pollutants like DDT and PCBs!

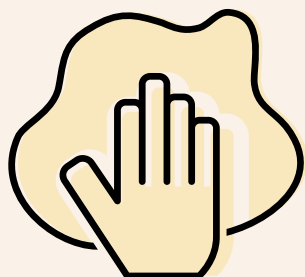
Infants and toddlers spend 80-90% of early life indoors living close to the ground, crawling and putting everything in their mouths. They are up to 10x more vulnerable than adults, and early exposure is linked to developing chronic disease.

HEALTHY HOME TIPS:

Did you know? Air purifiers pull unwelcome contaminants from the air, preventing them from settling as dust.

You can also:

- Wash sheets frequently. (Try weekly, but if you have pets and/or allergies, more often may be better for you.)
- Vacuum at least weekly using a HEPA filter vacuum.
- Add exterior and interior doormats to trap outside dirt and remove your outdoor footwear when entering the home.
- Declutter. Dusting is made easier when there's less to clean, and it leaves fewer places for dust to gather!
- Clean your vents, and remember to change furnace filters regularly (monthly in winter!)



Non-toxic cleaning idea:

For dusty floors, damp mop floors often (just water is enough!) On other surfaces like shelves, remove dust by wiping with a slightly-damp cloth. There is no need for commercial dusting products - the moisture on the cloth is all you need to capture dust for easy rinsing (with warm water) when you're finished!