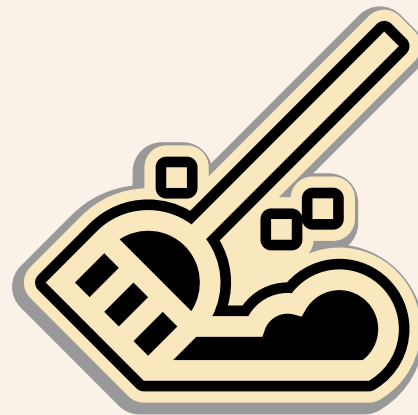


# Healthy Homes

... & DEALING WITH DUST



## WHY IS IT HARMFUL?

Dust is more than just dirt; it's a mix of little bits of everything in your home, like: <sup>1</sup>

- hair & skin cells
- cloth fibres
- dust mites & bits of dead insects
- soil, pollen, and wood ash
- micro-plastics
- lead, mercury and pesticides
- toxins that interfere with our hormones
- cancer-causing chemicals

Dust likes to stay busy - it never stops moving for long and once it gets going it loves to pick up everything along the way. The dust in the crevices of an older home might even contain dangerous toxins that were banned decades ago!

**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 remove harmful contaminants from the air, preventing them from settling as dust. You can also: <sup>2</sup>**

- Wash sheets and pillow covers frequently to remove dust mites
- Vacuum up those dust bunnies! (a HEPA filter vacuum works best)
- Use doormats to trap dirt, and don't wear outside shoes in the house
- Declutter. It makes cleaning easier when dust has fewer places to gather!
- Remember to go after the places dust likes to hide, like in/around vents
- If any of your filters (furnace, heat pump) look "old", it means it's time to clean or replace them



## 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!