



7 EASY TIPS

for Healthy Home Maintenance

Home health, safety and comfort have never been more important. This space continues to serve as a workplace, school, gym, restaurant and much more. Taking action on the tips below can help increase confidence in achieving a healthier home environment.

In the U.S., we spend

90%

of our time indoors^a



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

Did You Know: Fire departments respond to 9 carbon monoxide incidents per hour^b



2. Inspect your filter every two-to-three months

It's time to change it if you cannot see light through it



4. Open window coverings so natural light can help protect the circadian rhythm^a

The average person spends 1/3 of their life in a bedroom^a



5. Remove candles and incense^a

To reduce airborne particles and fire hazards

3. Never use lawn equipment in the garage even with the door open

Dangerous concentrations of carbon monoxide can build up in minutes^d



6. Consider a dehumidifier and check for signs of water issues like mold growth, water stains and warping^a

Relative humidity should be balanced for optimal comfort and health

7. Scrub allergens out of the air with an air purifier

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

HEALTHY HOMES

To learn more about how Carrier can enable safer, healthier homes, visit corporate.carrier.com/healthyhomes

^aHarvard T.H. Chan School of Public Health Homes for Health: 36 Expert Tips to Make Your Home a Healthier Home report

^bNational Fire Protection Association

^cAmerican Pet Products Association 2019-2020 National Pet Owners Survey

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