

Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



AIR QUALITY AND YOUR HEALTH

The combination of high temperatures, pollution, and airborne particles can brew up an unhealthy mixture in the air, just waiting to enter your lungs. This can make it hard to breathe and sap your energy. But air pollution can also occur inside—in homes, offices, or even schools. If you're regularly exposed to high levels of unhealthy air, the health consequences can linger for months or even years.

TO LIMIT YOUR EXPOSURE TO AIR POLLUTION:

- ☐ Check daily air quality forecasts at [AirNow.gov](https://www.airnow.gov).
- ☐ Limit outdoor activity when pollution levels are high.
- ☐ Keep windows closed during wildfire smoke events and poor air quality days.
- ☐ Use exhaust fans when cooking, especially with gas stoves.
- ☐ Change HVAC filters about every three months.
- ☐ Ventilate your home when outdoor air quality is good.
- ☐ Avoid indoor smoking and secondhand smoke.
- ☐ Consider portable HEPA air cleaners for rooms with higher pollution sources.
- ☐ Ask your doctor about how air pollution at home, school, or work may affect your health.