



# Aging Well With Better Air Quality

Try these tips to create better air quality for a fresh home and healthy lifestyle!

## 1. Air Purifying Plants

Besides being beautiful, houseplants are also a simple way to purify your indoor air. Freshen your air at home with plants like aloe vera, chrysanthemums, English ivy, ficus, gerbera daisy, money plant, peace lily, and philodendron.

## 2. Home Air Purifiers

Smoke, dust, and pollen are some of the many pollutants that can be found in indoor air. There are home air purifiers that can help eliminate these contaminants, such as carbon filters, electronic air purifiers, HEPA filters, and UV lights.

## 3. Don't Pollute Your Own Air

Home improvement projects and cleaning supplies may contribute to polluting your air. Use all-natural cleaners when possible—vinegar, lemon, and simple soap and water may be all you need! Keep your floors clean, as small particles will make their way to your floors. Research the paints and products you use to ensure they're eco-friendly and keep toxins out of your home.

## 4. Check Your Environment

Check the Air Quality Index and avoid going outside during periods of poor air quality, especially when temperatures get hotter. This is also a great opportunity to volunteer and get involved with your community to assess its exposure to air pollution. Your involvement can support the greater good for yourself and future generations.

