



7 EASY TIPS

for Healthy Home Maintenance this Spring

Spring often means home cleaning, but it can also be a great time to check off some key maintenance tasks to create a healthier indoor space. Here are seven tips to help you welcome a new season in a healthier home:

In the U.S., we spend



of our lives indoors^a



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

DYK: Fire departments respond to 9 carbon monoxide incidents per hour^b



Change air filters to help reduce pet dander in the air

67% of U.S. households are home to at least one dog or cat^c

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

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



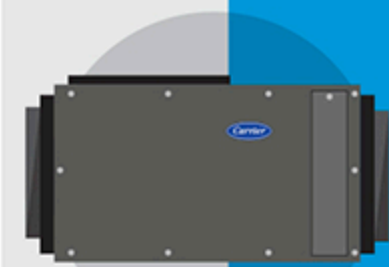
Leverage natural light to protect the circadian rhythm^a

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



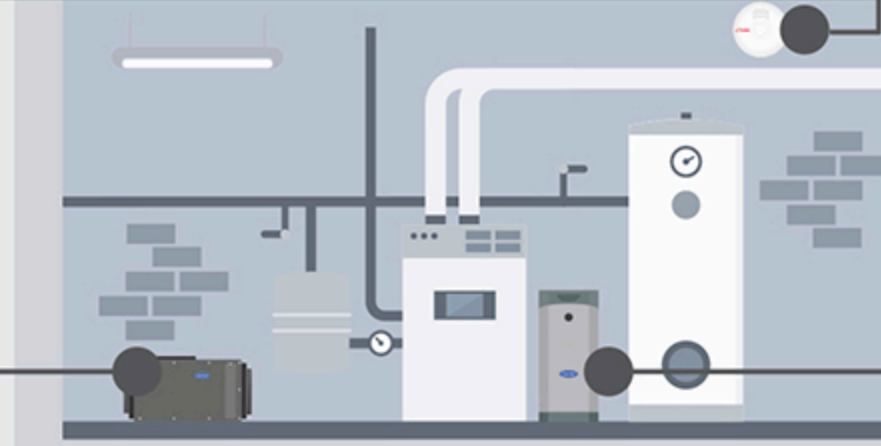
Remove candles and incense^a

To reduce airborne particles and fire hazards



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



Scrub springtime 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>)