

# Winter is in the air!

Indoor air quality can suffer in the winter due to lack of ventilation, help your family breathe easy with these simple steps

## Start spring cleaning early



Household dust can store allergens and indoor pollutants, stop them in their tracks with a **HEPA filter** vacuum.

## Make mopping a habit



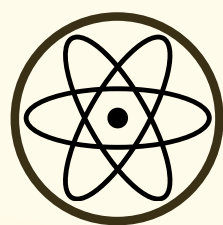
Mopping is more effective than sweeping and vacuuming at picking up dust. Even a quick wipe down without soap or cleaners is beneficial.

## Use safe products



Synthetic fragrances and cleaning agents can introduce chemicals to your home that may be toxic. Using products with the **EPA's Safer Choice** label can reduce the risk.

## Test for radon



Radon is a colorless, odorless gas that has been linked to lung cancer. Any home in New Jersey can have a radon problem. Testing is easy and radon can be managed.

Learn more about radon at:

[www.nj.gov/dep/rpp/radon/](http://www.nj.gov/dep/rpp/radon/)

Find more indoor air quality tips at:

[www.epa.gov/indoor-air-quality-iaq](http://www.epa.gov/indoor-air-quality-iaq)



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