9 Ways to Ensure Clean Indoor Air

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Keeping Your Air Clean to Avoid Triggers

Health experts estimate that almost a million people with chronic obstructive pulmonary disease (COPD) have complications from household exposure air pollution. Any product that evaporates into the air can become an indoor air pollutant; it doesn't matter if the product has a scent or doesn't. With this in mind, and with a concern about your diagnosis of COPD, it's time to get your house cleaned up so your living environment won't be contributing to your health issues. Below is a nine-step program of how to get started with ensuring you have clean indoor air:

1. Get a Good Vacuum With a HEPA filter

Eliminating the dust in your home is going to be key to improving your COPD, and vacuuming in itself increases dust in the air by 35 percent. It cleans the carpet and floor, but you will still need an air filter.

Your furniture should also be vacuumed twice a month unless it is leather. Leather furniture avoids dust accumulation within the fabric, but could use a dusting now and then.

2. Invest in an Air Filter for Clean Indoor Air Ducts

If your air ducts haven't been cleaned in a while, schedule this to be done professionally. Dust and molds, along with greasy substances from cooking, collect within the air ducts and can be at a high enough level to interfere with your breathing.

Likewise, air filters should be replaced. You can also add an air filter and air ionizer to the home, which will help tremendously.

3. Are You Still Smoking? Are You Breathing Second-Hand Smoke?

If you're still smoking, what's stopping you from kicking the habit? Committing to living a life to the fullest will help you set your priorities straight.

You are worth it and you mean a lot to many people. Every day you give gifts to others that are meaningful and important. Now it's time to start acting like it and stop cutting your own lifespan.

If you're breathing second-hand smoke, that's a problem. Has your healthcare practitioner told you yet that second-hand smoke is worsening your condition? Put your foot down and either kick the person out of the house who's smoking or come up with another solution — one that offers you life!

4. Any Mold or Water Damage in the Home?

Mold is notorious for damaging lungs when they're healthy. You can't afford the risk that you'll suffer from any molds attacking your lungs. Fix any water damage in the home promptly. Check for mold around shower stalls, windowsills and bathroom floors and replace soggy carpeting promptly.

5. Stop Using Toxic Household Cleaning Products

The volatility of these cleaning chemicals is what does a number on your lungs. Chlorine bleach, ammonia, bathroom cleaners, aerosol cleaners and other cleaners are not made for someone like you with COPD to use. Use only biodegradable and environmentally friendly chemicals.

6. Shoes Off at the Door

Avoid tracking in lead and other heavy metals and toxins found outside the home.

7. Forget the Barbecues

Barbecues may be fun in the summer but the smoke is a problem for those with COPD. Use other methods of cooking as often as possible.

8. Don't Use the Self-Cleaning Button On The Oven

Or put the exhaust fan on while you let the oven self-clean.

9. Get Rid of Pet Dander

It's difficult to give away your precious pet when you have COPD, so there are other options. You may have to get the pet groomed weekly and have them sleep in another room of the house at night. Never allow your pet to sleep on the bed when you have COPD.