

THE AIR WE BREATHE

Exposure to outdoor air pollution can lead to death and serious illness. Yet staying in can prove just as tricky considering the high prevalence of indoor contaminants, among them:

- Dust and bacteria
- Pet dander and pollen
- Tobacco smoke
- Microplastics
- Hazardous gases

The good news, however, is that indoor air quality can be improved with a few simple steps.

1

SEAL DOORS AND WINDOWS

Ventilation is vital to controlling humidity indoors. But just as important is ensuring that doors and windows are adequately sealed to keep out dust and pollutants. Home supply stores have numerous options for sealing cracks and gaps, so look into those.

2

CHECK VENTS, DUCTS AND AC UNITS

Cooking vents filter out harmful contaminants while air ducts help distribute air throughout the home. Unfortunately, both these, as well as dirty air-conditioning filters, can make indoor air worse when not properly maintained. Engage a professional to regularly check and service these.

3

KEEP CARPETS, FURNITURE AND DRAPES CLEAN

Carpets, furniture and drapes can trap dust, pet dander and other particulates. The best solution is to replace carpeting with hardwood or tiled floors and curtains with blinds. If that's not an option, ensure that all these are cleaned regularly.

4

GET AN AIR PURIFIER

Invest in a good, compact air purifier with a multi-step filtration system, such as the HomePure Zayn, which is capable of expelling bad odour and filtering out allergens, viruses, bacteria, mould, airborne particulates and microplastics as small as 0.1 microns. The HomePure Zayn is also equipped to cover a 36 sq/m area — that's five (5) times more than most other air purifiers.

5

GREEN UP YOUR HOME

On top of releasing oxygen, plants are natural air filters. Devil's ivy, also known as the money plant, thrives in low light and is great for pulling contaminants like benzene, formaldehyde and carbon monoxide from the air. Ferns and lilies, meanwhile, have the added benefit of being perfect for sprucing up spaces.