



3 Tiers of Change for Healthy Yards & Indoor Air Quality

There can be so many steps to creating a healthier home, and we understand the information can be overwhelming. The good news is that you don't have to do it all at once. Each step you take can make a positive impact, so be proud of yourself for each change you make! We have broken a lot of the steps down into three tiers. Tier one provides simple and more affordable options that you can start with right away. Tier two has slightly more advanced suggestions that may involve a little more investment. Finally, tier three contains the most advanced recommendations and may not be needed in every situation.

Tier one	Tier two	Tier three
Take your shoes off when you enter the house	Vacuum with a HEPA filter & mop hardwood floors regularly	Buy a portable HEPA air filter
Use a radon test kit in your home (\$15-25)	Professional testing or Radon mitigation for water (filter)	Radon mitigation for air (pump/fan system)

Purchase house plants that improve indoor air quality	Choose a high-grade HVAC filter and replace regularly	Buy a portable HEPA air filter
Use personal protective equipment and proper ventilation when using chemicals	Properly dispose of chemicals or find safe places for storage	Replace harmful chemicals with healthier options
Regularly dust with a microfiber cloth or slightly damp cloth	Have your chimney professionally cleaned annually	Have your air ducts professionally cleaned
Properly dispose of any drain cleaner you currently have	Buy a drain zipper and/or home drain snake	Call a professional plumber if you can't clear your drain with a zipper or snake
Buy used/antique furnishings- look for solid wood, not composite materials and avoid chipping paint	Buy natural furnishings and building supplies that don't off-gas	If moving, choose homes built with healthier and more sustainable building materials
Safely dispose of any toxic herbicides or pesticides you currently have	Choose safe alternatives to herbicides/pesticides or make your own	Weed your garden by hand rather than spraying
Prevent mold by inspecting whole house for leaks/wet spots and fixing any issues	Have your home tested for mold	If home tests positive for mold, hire a qualified mold contractor (not the same company that tests)
Discontinue use of Seresto collars and flea collars	Choose safer flea control options for your pets such as lufenuron, nitenpyram, or spinosad	Utilize flea combs and pet shampoo regularly