

The Healthy Home Tools and Resources List

Indoor Air Quality Action Plan ([English](#) and [Spanish](#))

How Indoor Air Quality Impacts Health

1. How Indoor Air Quality Impacts Your Lungs video ([English](#) and [Spanish](#))
2. Impact of Indoor Air Quality on Health [fact sheet](#)
3. Indoor Air Quality and Asthma [fact sheet](#)

Learn about Indoor Air Pollutants:

1. What Triggers your Asthma? worksheet ([English](#) and 11 additional [languages](#))
2. **Particulate Matter** and My Health [fact sheet](#)
3. **Dust** and Indoor Air Quality [Briefing](#)
4. Health Impacts of **Residential Combustion** [fact sheet](#)
5. **Mold** and My Health [fact sheet](#)
6. **VOCs** and Lung Health [video](#)
7. **Radon**
 - Radon and Lung Health [video](#)
 - Is Your Home Safe from Radon [fact sheet](#)
8. **Tobacco Use and Vaping**
 - Facts About Tobacco Use [brochure](#)
 - Truth E-Cigarettes and Vaping [brochure](#)
9. **Volatile Organic Compounds (VOCs)**
 - VOCs and Lung Health video ([English](#) and [Spanish](#))
 - Volatile Organic Compounds [webpage](#)
 - Essential Oils: More Harmful Than Helpful? [Each Breath blog](#)
 - Fragrances [webpage](#)

Reduce the Source of Indoor Air Pollutants:

1. Reducing Pet Allergen in the Home [video](#)
2. Vacuuming to Remove Allergens [video](#)
3. Cockroaches in the Home [video](#)
4. Reducing Dust Mite Allergens in the Home [video](#)
5. Preventing Mice in the Home [video](#)
6. How to Stay Safe from Carbon Monoxide Poisoning [Each Breath blog](#)
7. 3D Printers [webpage](#)
8. Identifying and Preventing Mold in the Home [video](#)
9. Choose Safer Cleaning Products fact sheet ([English](#) and [Spanish](#))

Improve Ventilation:

1. Let the Air in [Each Breath blog](#)
2. How to Create a Clean Room to Help Protect Against Wildfire Smoke [webpage](#)

Clean The Air:

1. Air cleaning and filtration reduces airborne pollutants [webpage](#)
2. DIY air cleaner infographic [instructions](#)
3. Actually, Houseplants Don't Clean the Air [Each Breath blog](#)

Additional Actions to Take:

1. Drive an Electric Vehicle [Each Breath blog](#)
2. Smart Surfaces and Lung Health [video](#)
3. 10 Simple Actions to Take to Protect Your Home from Heat [Each Breath Blog](#)