



# Make The Bedroom a Healthier Environment

Minimize number of books & toys that are out in the open.

Eliminate knick-knacks

Vacuum at least once a week.

Wipe woodwork frequently with a damp cloth.

Launder curtains often or eliminate them altogether.

Keep closet doors closed.

Seal off hot air vents if possible.

Replace or clean furnace filters monthly during the winter.

Encase mattress and box spring in a mite-proof, airtight cover.

Consider purchasing an air purifier with a Hepa filter for bedroom.