



Health and Wellness Tip of the Week - Week 4

January 27, 2014

Monthly Topic

National Radon Action Month is a good time to promote indoor air quality and information about allergies.

Clear the inside air

Keeping your home safe begins with a look at the air you breathe. Here are some tips to help prevent health problems:

- If you smoke, quit or smoke outside instead of in your home or car.
- Make sure all of your appliances, furnaces and fireplaces are in good working order and vented correctly.
- To stop mold, keep moisture under control. Use a de-humidifier or air conditioner to keep your house dry with a humidity level between 30 and 60 percent. You can test the humidity level with a hygrometer.
- Clean up water leaks right away and get the leak fixed.

Sources: Centers for Disease Control and Prevention; Environmental Protection Agency



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630