

Improve Your Indoor Air Quality in 5 Minutes or Less

Short on time? Not a problem—improving your indoor air quality doesn't require a huge time commitment.

5-minute (or less!) tasks

- Open the windows in your home
- Check your HVAC air filter—and replace if needed

30-minute tasks

- Vacuum and clean surfaces you don't get to weekly
- Give your oven and stovetop a good scrub

1-hour tasks

- Wash sheets and blankets
- Schedule routine maintenance on your HVAC system
- Declutter and donate old items

Full-day tasks

- Dehumidify your space
- Complete an at-home radon test

