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Maine Homeowner's Winter Indoor Air Quality Checklist

These simple tips will help keep your home safe and healthy throughout the heating season.

- Maintain all heating systems.** Contact your service provider and check with the product manufacturer for recommended cleaning, filter changes, and periodic maintenance. Use high quality filters. Inspect all chimneys and clean if needed. Vacuum radiators.
- Ventilate combustion appliances.** If you own an unvented propane, gas, or kerosene heating appliance, use only with proper ventilation. Refer to manufacturer's instructions.
- Monitor humidity.** Keep relative humidity level between 30-50%. Use bathroom and kitchen exhaust fans. Limit use of humidifiers.
- Test for radon.** Winter is the best time of the year to test your home for radon. Test your home if you have never tested it before or if you have done weatherization work to the home since the last test. Contact the Maine Radiation Control Program at 800-232-0842 or visit www.maineradiationcontrol.org for more information.
- Prevent ice dams.** Remove excessive snow build-up on all roof edges after each snow fall. This prevents formation of ice, leaking, and subsequent mold growth and building rot.
- Use carbon monoxide and smoke detectors.** Check them periodically in accordance with the manufacturer's instructions to ensure each is functioning properly. Change batteries each Fall.
- Walk the perimeter of your home.** Make sure intake and exhaust pipes remain free and clear of all vegetation, snow and debris. Check rain gutters and drains for leaking, clogging, and proper discharging location.