

## **Recommendation To Reduce Exposure**

Alright, healthy home friends! Let's talk about what feels good to keep the air inside our homes safe and healthy. We want to make sure we're not breathing in anything bad for us. So, here's a checklist of what we can do:

### **1. Elimination:**

- We want to get rid of the bad, unhealthy, unwanted materials, products, air, imbalanced micro climate completely.
- It's the best way to keep us safe from harmful things.
- Gone!

### **2. If We Can't Eliminate:**

- Sometimes, we can't get rid of the bad stuff completely.
- But we can make it less risky for us.
- This is where we will look at if we need a dehumidifier or an air purifier or both.

### **3. Engineering:**

- This means changing how things are built to make them safer.
- Like making sure we have windows to let fresh air in.
- Building with natural materials and adding natural furnishings.

### **4. Substitution:**

- If something is really bad, we can replace it with something not so bad.
- Like using safer cleaning products instead of the ones that make us cough.

### **5. Isolation:**

- We can keep the bad stuff far away from where we are.
- Like we make sure we put it outside in the shed or in a cupboard.
- So, we don't breathe it in or are affected by it.

### **6. Administrative Controls:**

- This is like making rules to keep us safe.
- Things like cleaning up our messes to keep the air clean.
- Like the air care planner in the spot of mould page, check it out for a schedule.

## **7. Personal Protective Equipment (PPE):**

- Sometimes, we have to wear special items to stay safe.
- Like wearing gloves, glasses, or a mask to protect ourselves.

Remember, it's best to get rid of bad stuff if we can. If we can't, we use these other ways to stay safe. We want to make sure the air we breathe is as clean and healthy as possible. That way, we can be happy and healthy in our homes!