

Home Renovation Tips for Better Indoor Air Quality

When you think about home renovations, you likely picture fresh paint, new flooring, or upgraded furniture. But did you know that home renovations can also improve your indoor air quality? With people spending most of their time indoors, the quality of the air in your home plays a vital role in your health and well-being.

In this blog, we'll explore simple yet effective home renovation tips that can make your living space healthier and fresher by enhancing indoor air quality.

Why Indoor Air Quality Matters

Indoor air quality does not only speak of comfort—it's about getting better. Bad air quality leads to allergies, respiratory disorders, fatigue, and aggravated states of some conditions like asthma. In making the air quality excellent within your home, you could help create a better, cleaner, and livable indoor space for your family.

Renovation! Create opportunities to fix air quality issues. Use the slightest changes to change the air quality, reduce pollutants, allergens, and moisture problems, which gives us a more breathable home.

Renovation Tips for Better Indoor Air Quality

- Use Eco-Friendly Paints and Finishes

Traditional paints and finishes often contain volatile organic compounds (VOCs) that release harmful fumes into the air. To avoid this, opt for low-VOC or no-VOC paints and finishes. These are not only safer but also minimize the chemical smell during and after renovations.

Eco-friendly paints are widely available and come in a variety of colors, so you don't have to sacrifice style for health.

- Upgrade Your Ventilation System

Proper ventilation is key to maintaining good air quality. Consider upgrading your HVAC system to one with advanced air filtration capabilities. These systems can help remove dust, pollen, and other airborne pollutants.

Additionally, installing exhaust fans in kitchens and bathrooms can help reduce moisture levels, preventing mold and mildew from developing. If a full HVAC upgrade isn't in your budget, portable air purifiers can be a great alternative.

- Choose Flooring Wisely

Carpets may feel cozy, but they're notorious for trapping dust, pet dander, and allergens. Instead, opt for hard flooring options like hardwood, tile, or laminate. These are easier to clean and less likely to harbor pollutants.

If you prefer carpets, consider low-pile varieties and ensure they're cleaned regularly with a vacuum that has a HEPA filter.

- Seal Air Leaks

