

# Healthy Indoor Microbiome Checklist

- ✓ **Air quality and ventilation**
  - Open windows regularly
  - Use fans when necessary to promote air movement and prevent stagnation
  - Maintain air filters as per manufacturer's instructions
  - Use mechanical filtration (such as a HEPA filter) when ventilation is not possible or is insufficient
- ✓ **Moisture and humidity**
  - Maintain humidity levels between 30-50%
  - Always fix water leaks immediately
  - Remove and replace building materials contaminated with microbial growth
  - Use dehumidifiers when the indoor environment is too damp
  - Consider exhaust fans in bathrooms and kitchens
- ✓ **“Smart Cleaning”**
  - Clean regularly with mild non-toxic cleaners
  - Only disinfect high touch surfaces regularly, or other surfaces when someone is sick
- ✓ **Support microbial diversity (unless there is a health reason not to, such as compromised immunity or allergy)**
  - Bring plants into your indoor environment
  - Open windows regularly to promote air movement and dilution
  - Consider bringing pets into your home
  - Spend time outside

