

# NO SICK BUILDING SYNDROME

Your home may **not be making you sick**.

Based on your quiz results, we don't think your home is making you sick! However, as your home ages, it's important to make sure you're taking the proper steps to keep your home maintained. Here are some common ways to prevent sick building syndrome from being a problem in the future.

## Key Concerns:

- General home maintenance

## Prevention Tips

### Water Damage

- **Use a vent in your bathroom for two hours after you shower.** The steam and condensation that form every time you use a shower. Keeping your bathroom as dry as possible can prevent mold from growing in areas where water pools in your bathroom.
- **Use exhaust fans when cooking.** The steam that rises while cooking can damage the cabinets above, in some cases warping the material and creating the perfect environment for mold.
- **Winterize your home.** Ice dams, flooded basements, and poor insulation can all lead to bigger issues. Make sure your home is ready for winter by clearing out your roof's gutters and applying any necessary insulation or window sealants.
- **Flush out your water heater regularly.** If you're noticing a decrease in water pressure, it may be time to flush out your water heater. Sludge and build-up in your water heater can lead to a burst system or poor water quality.
- **Get a water softener and/or water purifier.** You can read your city's water quality report to get an idea of what could be lurking in your water. However, if you notice that your water has a metallic taste or the color appears reddish out of the tap, your water could be affecting your health. A water softener can prevent dry, itchy skin, and a water purifier can remove any unwanted bacteria and minerals in your water.
- **Install and maintain a sump pump.** If you're in an area prone to flooding, a sump pump can become a new favorite feature in your home. A sump pump is designed to provide a way for your basement to drain when at risk for flooding, drastically cutting down on the damage caused by a flooded basement.

### Mold Risk

- **Keep your home clean.** Removing dust and regularly wiping down surfaces can keep mold away. While you're cleaning, look for any signs of water damage or mold, as a small leak can turn into a huge problem when left alone. We recommend vacuuming at least once a week to keep mold and dust levels down.
- **Don't leave wet clothes in the washing machine.** The longer you leave your clothes in the washer after washing them creates a bigger risk for mold. Set a timer to make sure you put your clothes in the dryer as soon as possible after being washed.
- **Get your carpets replaced.** If your carpets are over 20 years old, they should be replaced if possible. Carpets collect dead skin, dander, and dust, even when properly cleaned. When replacing your carpets, make sure to deep clean underneath so mold doesn't grow underneath.

## Poor Indoor Air Quality

- **Perform regular maintenance on your HVAC system.** Change your air filter and get seasonal tune-ups. Regular maintenance can keep your system lasting longer, and it improves your indoor air quality too.
- **Let in fresh air.** When the weather is nice, open up a window. If you live near a busy road or an industrial area, invest in an air purifier to keep the outside air out and the inside air fresh.
- **Invest in an air purifier.** An air purifier can clean up the air in your home and keep it fresh without needing to open a window. It's also a great way to keep pet dander and dust down, for those in your home who have allergies.

## More Resources

Want more tips on how to prevent sick building syndrome? Get more in-depth information on the tips listed above, plus a few more easy ways you can keep your home clean and mold-free.

**Read more:** [How to Prevent Sick Building Syndrome](#)

If you want to keep your home safe, make sure it's ready for any kind of winter weather. From ways to prevent ice dams to how to make sure heat stays in your home, you can check each item off your list with our extensive checklist.

**Read More:** [Your Home's Winter Checklist](#)

Frozen pipes often lead to burst pipes. Burst pipes lead to water damage. Keep your plumbing running smoothly all winter long with our helpful infographic.

**Read More:** [How to Prevent Frozen Pipes](#)

Mold could be hiding somewhere in your home without you even knowing. Here are some of the more common places mold grows in your home, and what to look for, so if mold ever does become a problem, you can catch it right away.

**Read More:** [Where Is Mold Hiding in Your Home](#)

## Disclaimer

*This report is not intended to professionally diagnose any issues with your property or provide medical advice. It is intended to educate and inform. If you're experiencing any of the symptoms caused by sick building syndrome, you may want to consult with a licensed health professional.*