

IMPROVE YOUR IAQ IQ

Indoor Air Quality



Avoid Asthma and Allergy Triggers in the Classroom

Unblock Vents and Keep Air Flowing



Inadequate ventilation can cause headaches and drowsiness. Keep fan controls set to "ON." Attach a string to a pole to check vent airflow.

Use Less Toxic Instructional, Art and Science Products

Avoid chemical irritants by using products such as water-based, low-odor whiteboard pens. Tightly close supplies.



Help to Prevent and Eliminate Mold

Clean and dry classroom spills thoroughly. Alert building staff to leaks, and wall and ceiling discolorations.

Contact Your Local Teachers Association



Help is available to address issues at your school site.

EPA's IAQ Tools for Schools Kit can help districts and teachers work together.
www.epa.gov/iaq

Avoid Scented Products

Air fresheners, candles, perfumes and personal products can add contaminants to the air.



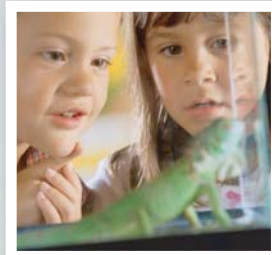
Avoid Upholstered Furniture and Clutter

A custodian-friendly room makes it easier to remove dust mites, pet dander and mold. Vacuum couches often.

Use District-Approved Cleaning Products

Clearly label all products and keep tightly capped. Ask if your district can use less toxic green cleaning products.

Choose Allergy-Friendly Classroom Pets



Avoid furry animals, or keep them caged and away from ventilation systems and sensitive students.

Don't Invite Pests Into the Classroom

Store food in airtight containers. Encourage your district to use less toxic "integrated pest management."

Be an Early Warning System

Report unhealthy and uncomfortable conditions to building staff, including problems with odors, pests, vehicle exhaust, temperature and ventilation.

Indoor Air Quality Impacts the Ability of Teachers to Teach and Students to Learn

California Teachers Association

Community Outreach
(650) 552-5468
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Teachers for Healthy Kids

(916) 440-8811
www.teachersforhealthykids.com

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