

Indoor Air Quality & Healthy Homes

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January 2025



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

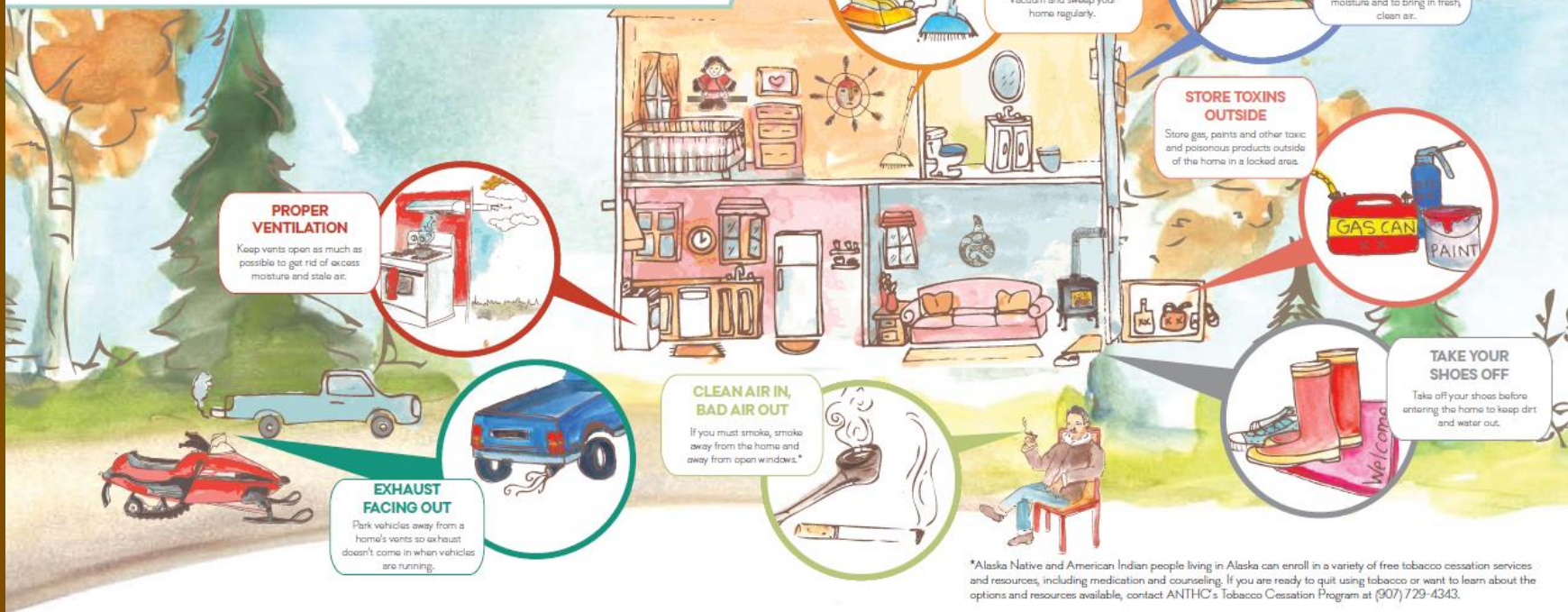
Why Healthy Homes Matter

Rural Alaska Native children have some of the highest rates of hospitalization for respiratory diseases in the world. Improving indoor air quality, handwashing, and on-time immunizations can help prevent these illnesses.



Making your house a healthy home

Regular housekeeping can keep our homes clean inside, but to keep our homes and our families healthy in our homes, we need to take extra steps inside and outside. Here are some healthy, helpful tips to consider around your home.



REGULAR HOUSEKEEPING

Vacuum and sweep your home regularly.

OPEN WINDOWS

Open your home's windows when possible to remove moisture and to bring in fresh, clean air.

STORE TOXINS OUTSIDE

Store gas, paints and other toxic and poisonous products outside of the home in a locked area.

TAKE YOUR SHOES OFF

Take off your shoes before entering the home to keep dirt and water out.

CLEAN AIR IN, BAD AIR OUT

If you must smoke, smoke away from the home and away from open windows.*

EXHAUST FACING OUT

Park vehicles away from a home's vents so exhaust doesn't come in when vehicles are running.

PROPER VENTILATION

Keep vents open as much as possible to get rid of excess moisture and stale air.

*Alaska Native and American Indian people living in Alaska can enroll in a variety of free tobacco cessation services and resources, including medication and counseling. If you are ready to quit using tobacco or want to learn about the options and resources available, contact ANTHC's Tobacco Cessation Program at (907) 729-4343.

Maintained

Dry

Clean

Pest - free

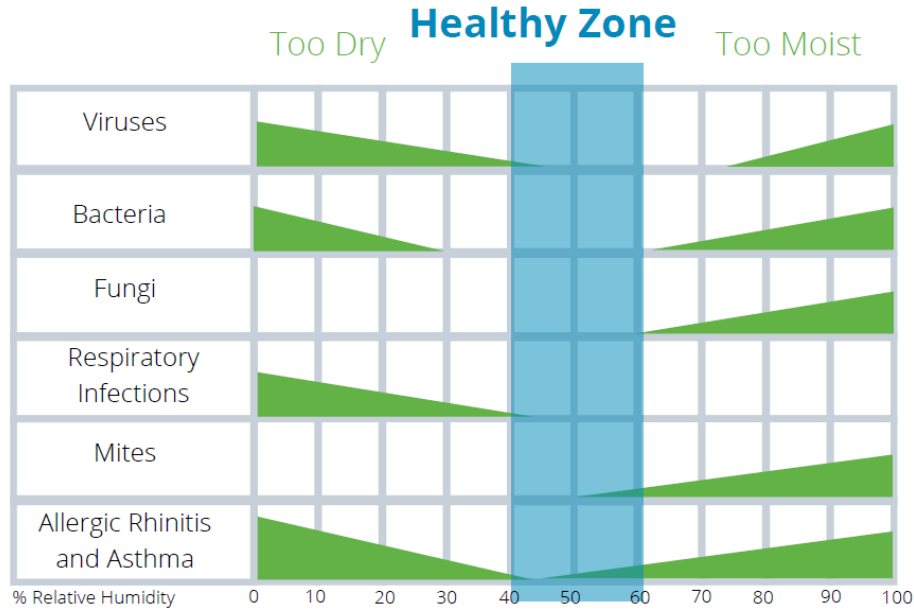
7 Principles of a Healthy Home

Ventilated

**Contaminant
- free**

Safe





% Relative Humidity 0 10 20 30 40 50 60 70 80 90 100
 Information on this chart is based off of ASHRAE "Criteria for Human Exposure to Humidity in Occupied Buildings"

A decrease in bar height indicates a decrease in effect for each of the items.

Moisture in homes has been linked to a wide range of respiratory health issues.

Moisture creates a favorable environment for molds, rodents and other bugs.



Mold starts growing in the right environment in:

- A. 8 to 10 hours
- B. 24 to 48 hours
- C. 72 to 96 hours
- D. 0 to 8 hours

Dry

Keep yourself and your family healthy by cleaning and then disinfecting your home regularly. If available, use gloves to clean and disinfect.



TO CLEAN:

Use soap and water to clean high-touch surfaces. High-touch surfaces include: tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets and sinks.



TO DISINFECT:

After cleaning a high-touch surface, disinfect it.

Types of disinfectants you can use:

Household disinfectants. To find effective household disinfectants, visit the EPA website: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Alcohol solutions with at least 70% alcohol.

Diluted bleach solution. If you decide to do this, it is VERY important that you correctly dilute the bleach. Follow label dilution instructions very carefully and wear protection on your hands. Failure to do so could result in harm for you and your family.

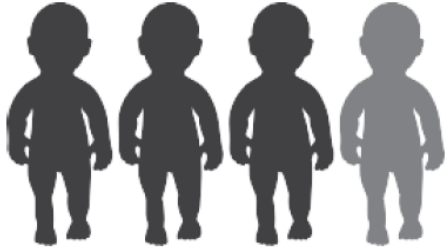
The typical disinfectant dilution is 4 teaspoons of bleach to 1 quart of water.



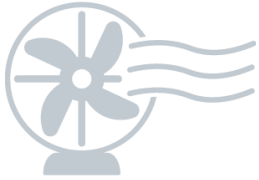
To properly clean and sanitize surfaces you can easily use just one Clorox wipe, sort of a one-and-done approach.

Why or why not?

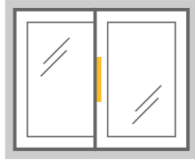
Clean



1 in 4 Alaska Native infants
Are hospitalized every year for
diseases such as pneumonia and
respiratory syncytial virus (RSV).



Fans



Windows



Heat Recovery
Ventilator



Range exhaust



Vents



Which of the following products is best for improving Indoor
Air Quality?

- A. Air Fresheners
- B. Candles
- C. Cleaning Products
- D. None of the above

Ventilated

Common Accidents at Home

- Falls
- Fires
- Electrocutation
- Poisoning
- Choking
- Firearms



Who has CO detectors and smoke detectors in their home?

Who has checked their CO detectors and smoke detectors this month?

Safe

Common contaminants that can be found in a home

- Bleach
- Glues
- Rat/Mouse poison
- Lighter fluid
- Air fresheners
- Oven Cleaner
- Batteries
- Gas
- Tobacco Smoke
- Oil
- Toilet and Drain Cleaners
- Pesticides
- Ammonia
- Lead
- Carbon Monoxide
- And many others



What are three things you can do today to make your home more contaminant-free?

**Contaminant -
free**



Eliminate, not exterminate:

- Eliminate harborage places
- Remove food sources
- Seal gaps
- Use approved pest elimination methods

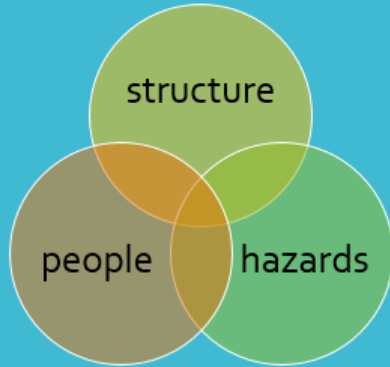


What is the best prevention method for bed bugs?

- A. Inspect hotel beds when travelling.
- B. Wash clothing immediately upon returning from a trip.
- C. Inspect suitcase
- D. All the above

**Pest -
free**

View your home as a system where all things are connected:



Inspect, clean and repair your home routinely.

Take care of minor repairs and problems before they become large repairs and problems.



Every now and then you do the following to your fridge:

- A. Clean out the old food
- B. Clean your refrigerator coils
- C. Clean out under the refrigerator
- D. All of the above
- E. Avoid all of it, if possible.

Maintained

Air & Healthy Homes

Working with Tribal partners to address air quality and healthy homes issues in their communities

Community Environment & Health

Air & Healthy Homes

Resources

ATCEM

Capacity & Training

Center for Climate and Health

Contaminated Sites

Emergency Preparedness

Environmental Health Services

LEO Network

Tribal Water Center



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