

# 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](http://www.epa.gov/iaq)

### Avoid Scented Products

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



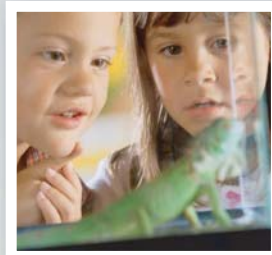
### Avoid Upholstered Furniture and Clutter

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  
[www.cta.org](http://www.cta.org)



**Teachers for Healthy Kids**

(916) 440-8811  
[www.teachersforhealthykids.com](http://www.teachersforhealthykids.com)

Funded by The California Endowment