

改善家居室內空氣質素的常用方法

COMMON SOLUTIONS TO INDOOR AIR QUALITY PROBLEMS IN HOMES

The following are some general methods for improving IAQ in home:
以下是一些改善家居室內空氣質素的方法：



- Clean your home regularly to remove dust mites and other allergens

- 定期清潔家居，清除塵蟎及其他致敏原

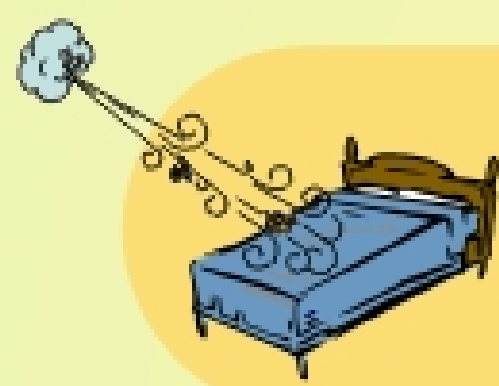


- Maintain good ventilation, allow the windows to open

- 將窗戶常開，保持空氣流通

- Always use range hood or exhaust fan during cooking

- 煮食時使用抽油煙機或抽氣扇

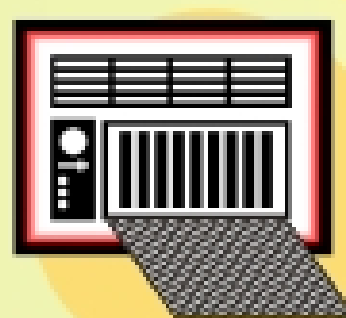


- Purchase furniture with low formaldehyde emission and "air-out" new furniture for several days

- 盡量選購置低甲醛排放的傢俬及在使用前作戶外吹風數天

- Always use exhaust fan inside bath room to lower humidity

- 使用抽氣扇以減低浴室內的濕度



- Clean the filters of air-conditioners regularly

- 定期清洗冷氣機隔塵網

- Remove and discard mouldy ceiling tiles, furniture and carpet

- 清除有霉漬的天花物料、傢俬及地毯等

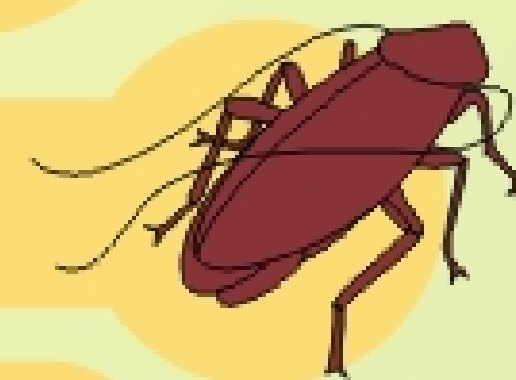


- Use less aerosol consumer products such as cleaning agents, furniture polishing agents, etc.

- 減少使用噴霧產品，包括清潔噴霧及傢俬潔亮劑等

- Use dry type pesticides instead of aerosol type

- 使用乾式殺蟲劑代替噴霧式殺蟲劑



- Do not smoke inside your home

- 在居所內不要吸煙

IAQ



Indoor Air Quality
Information Centre
室內空氣質素資訊中心