

## **Jeffrey May - My House Is Killing Me (Book Summary)**

Be careful of old or used books. If they smell musty they could be covered with tiny mold particles.

put dust mite allergy control covers on all your mattresses and pillows to keep moisture and skin scales out

Be aware that dust mites love to eat the feathers in down comforters, blankets, and pillows

Don't sleep with wet hair on a pillow because the pillow could be covered in mold

Always keep humidity below 60% in your home with the air conditioner and dehumidifier.

Always wash stuffed animals and pet beds and blankets as they can contain mites and dander. You can also put them (and your pillows) to tumble in the dryer every month.

Please shower curtains periodically

Remove slime from all shower door tracks

Always use the exhaust fan in the bathroom and showering

Avoid downfield furniture or cushions and use vinyl or leather covered furniture instead of upholstered.

Discharge water from downspouts on the outside of the house away from the walls

Clean your air ducts, AC blower cabinet, blower, and coil

Put a water alarm sensor everywhere you may have a leak like under your air conditioner units, sinks, laundry room, attic, anywhere

Don't allow trees or shrubs to touch any part of the house

Don't allow tree branches to extend over your gutters or roof

Use these two websites to find air quality investigators or home inspectors that can search your home for mold issues. Try and find a company that only does inspections and not remediation's so they are not biased:

1. [Aiaqi.org](http://Aiaqi.org)

2. [Ashi.com](http://Ashi.com)