



## Carpet and Health

### Carpet Keeps Allergens Out of the Air

Many believe carpet to be negative for asthma and allergies; however, the opposite is true. Research has consistently shown that carpet actually improves indoor air quality in a number of ways. It acts like a trap, keeping dust and allergens out of the air we breathe. Simply put, what falls to the carpet (dust, pet dander, and many other particles) tends to stay trapped until it is removed through vacuuming or extraction cleaning. Smooth floor surfaces allow dust and other allergens to collect and re-circulate into the breathing zone.

### Meets Green Building Standards

Carpet systems approved by CRI's [Green Label Plus](#) indoor air quality standard can contribute one full Indoor Environmental Quality Credit to the Leadership in Energy and Environmental Design (LEED) ratings of the [U.S. Green Building Council](#). Similarly, the Green Guide for Health Care awards one point to healthcare facilities that install Green Label Plus carpet. Furthermore, Green Label Plus carpet is used as a specification standard for the American Lung Association's Healthy Home program, the [Collaborative for High Performance Schools](#) (CHPS), and the state of California.

### Certified to Have Low VOCs

Carpet is the lowest VOC emitter of common floor choices, and requires fewer cleaning chemicals than other floor coverings. CRI's Green Label Plus standard has brought those VOCs down even more. In addition, carpet also contributes to indoor air quality by trapping allergens and other particles so they can be easily vacuumed away.

### The Lowest Emitter of VOCs

Carpet has the lowest level of volatile organic compound (VOC) emissions of common flooring choices. In fact, it's one of the lowest emitting products used in new construction and renovation. What VOCs new carpet emits are short-lived and largely dissipate within 24 to 48 hours – even faster with fresh air ventilation.

CRI's Green Label Plus standards, which have been adopted across the industry, serve as the benchmark for low VOC emissions. The Green Label Plus symbol indicates:

- The manufacturer voluntarily participates in the program.
- The manufacturer is committed to developing ways to minimize any adverse effects on indoor air quality.
- A representative sample of the product type is tested by an independent laboratory and meets the highest established emissions requirements.



## Cleaning Essentials

### Four Steps for Proper Carpet Care

Carpet cleaning is all about developing a routine. If you get into a good routine and keep it up, you will see great results. Products that rate highly on CRI's Seal of Approval (SOA) program are your assurance that you will clean correctly the first time (more on the SOA program below). Here are four simple steps to keep your carpet clean and looking great:

- **Vacuum** regularly and more frequently in high traffic areas, and everywhere according to a vacuuming schedule, using a Seal of Approval-certified vacuum.
- **Clean spots and spills quickly** with products that do not damage the carpet or cause it to resoil quicker. SOA-certified solutions to clean effectively and maintain the life of carpet.
- **Professionally deep clean** your carpets every 12 to 18 months to remove embedded dirt and grime. SOA-certified cleaners are recommended and sometimes required by the manufacturer.
- **Stop dirt at the door** by using mats outside and in, taking your shoes off when you enter the house and changing your air filters to reduce airborne dust particles.