

8 SPRUCE

Optimal Air Quality Educational Material

8 Spruce promotes an optimal air quality education to make awareness of indoor and outdoor air quality preservation to minimize the impact of health, particularly for vulnerable occupants, such as, children and elderly. We are encouraging the community to take part in improving the air quality we breathe. We hold a strict smoke and tobacco-free policy, and we trust the community to support it.

Revision History

Revision No.	Date	Changes Made	Authorization

I. The following are the benefits of a smoke-free and tobacco-free environment:

a) Improving health and body

- Withdrawing from smoking improves health and increases life expectancy.
- Not smoking decreases the risk of 12 types of cancer.
- Age gracefully and rejuvenate your skin when quitting smoking.
- Lower the risk of cardiovascular disease.
- A smoker recovered will improve circulation in three months and in a year restore lungs to clean.

b) Protecting the environment

- Smoking is a major cause to ignite fires both indoors and outdoors.
- Smoking penetrates on the wall, furniture, linings and clothes.
- Tobacco littering cigarette butts and other tobacco waste pollutes public spaces and water sewers.
- Be mindful of your wellbeing and nonsmokers from secondhand smoke as they are much more prone to lung cancer and other health problems.

c) Economics beneficial

- Smoking is an expensive habit, and smokers are expected to pay a higher insurance premium rate and healthcare cost due to statistic illnesses and premature death.
- Prohibiting smoking in buildings reduces frequent cleaning, repairs, and odor remediation.
- By demoralizing tobacco use will discourage adolescents from attempting to smoke and encourage to support a healthier long-span for future generations.

8 SPRUCE

- Fostering a supportive smoke-free environment can act as an element for individuals to quit smoking.
- II. The following benefits of a mold-free environment:
- a) **Enhanced Respiratory Health**
 - Reduces allergy symptoms, such as itchy eyes, runny nose, and skin rashes.
 - Prevents respiratory issues such as allergies, asthma, sore throat and nasal congestion.
 - b) **Better Sleep and Reduced Fatigue:**
 - A mold-free environment can strengthen the immune system.
 - Will enhance clarity and focus for your mental and physical health.
 - You will be able to breathe and sleep comfortably.
 - Your space will sense airy and smell cleaner.
 - c) **Economics beneficial**
 - While mold remediation can be costly, preventing mold growth and addressing it early can save money on prospective remediation and healthcare costs.
 - Mold can damage building materials and furnishings.
- III. Tips for preventing or reducing mold, dust and other indoor pollutants.
- a) **Action which controls moisture, humidity and airflow.**
 - Annually clean storage space/closet to ensure there is no sign of moisture.
 - Report leak or moisture to the property manager at once.
 - Frequently clean garbage waste, including no open-top waste bins.
 - Facilities Trades are to ensure proper drainage to prevent moisture.
 - Maintain occupy or vacant units' temperature between 68°F and 78°F/20°C to 25.5°C.
 - Keep air conditioning drip pans clean and ensure no wetness around the interior area.
 - Increase ventilation or air movement by opening windows and using fan when practical.
 - You should leave the door open after taking a bath or shower.
 - If you smell damp, check under the sink for accumulated water.