

# Using Doormats: Small Step, Big Protection

*Simple, low-cost ways to protect childrens' health*

## Why It Matters

A doormat helps keep dirt that contains chemicals outside. Doormats help maintain clean floors and carpets and reduce indoor dust.



## How do doormats protect health?

- Creates a barrier between outdoors and indoors.
- Outdoor mats remove dirt and chemicals from shoes.
- Less dirt and fewer chemicals in indoor dust.

## Helps keep out dirt that can contain:



## How to use doormats effectively

- Use two doormats: one outside to scrape off dirt and one inside to absorb moisture and remaining particles.
- Place non-slip mats at all entrances.
- Choose doormats large enough to take at least two steps across to remove dirt from shoes.



**Hot Tip:** Have a “shoes off” policy in infant and toddler rooms. This limits dirt and dust on the floor where young children crawl and play.

# How to choose a doormat

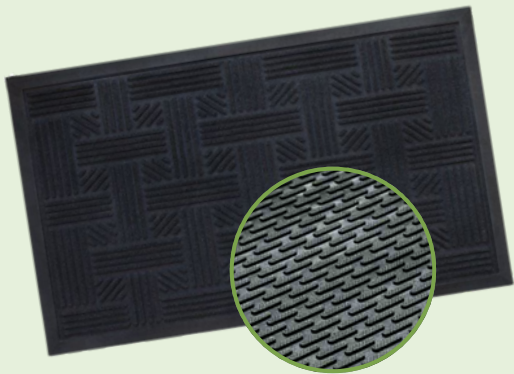
Not all doormats are the same, so choose the right one for your space.

## Coir (coco)

A natural fiber mat good for scraping mud and heavy debris.

*They can shed and be slower to dry.*

**Replace every 1-3 years** or 6-12 months in high-traffic area.



## Rubber

Durable, non-slip, and can easily hose-off for cleaning.

*Can trap moisture underneath if not lifted. Choose natural rubber, or let it air out outside after purchasing.*

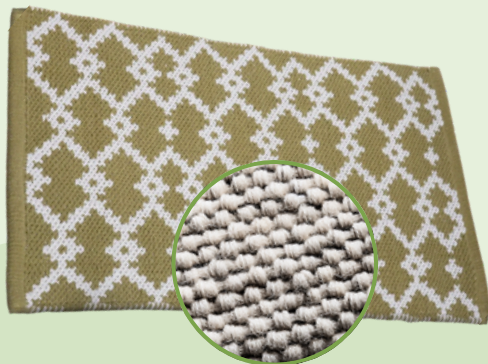
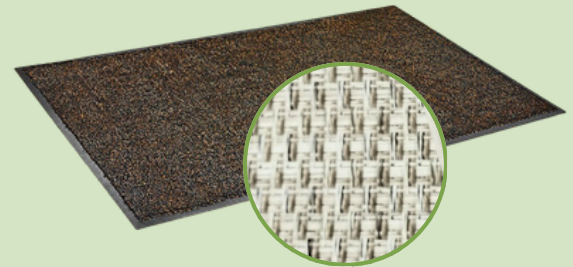
**Replace every 3 to 6 months for high-traffic areas**, or every 6 months to a year for lighter use.

## Microfiber

A microfiber mat absorbs moisture, traps fine particles, and is fast drying.

*They work best when placed indoors.*

**Replace every 6 to 12 months**, or sooner if they show signs of excessive wear.



## Cotton

Cotton mats are absorbent and machine washable.

*Works best when placed indoors.*

**Replace cotton doormats every 1-3 years**, or immediately if they show signs of fraying or persistent stains/odors.

## Polypropylene

A polypropylene mat is durable, easy to clean.

*Not very absorbent, but can be placed indoors or outdoors.*

**Replace every 2-3 years**

