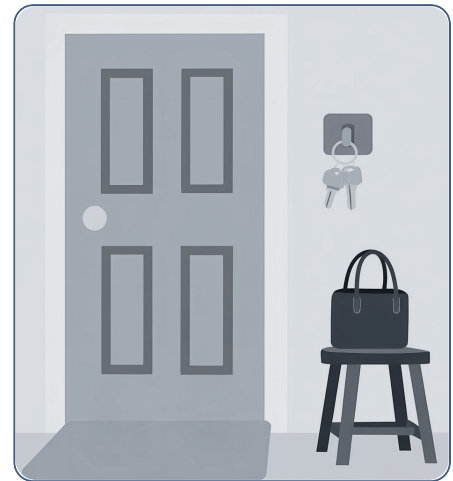


Using Doormats: Small Step, Big Protection

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?

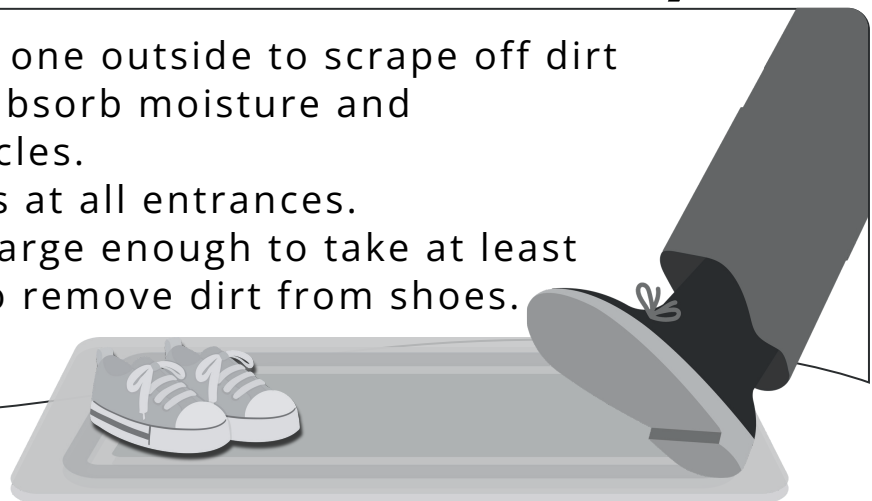
- Creates a barrier between outdoors and indoors.
- Outdoor mats remove dirt and chemicals from shoes.
- Less dirt and fewer chemicals in indoor dust.

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

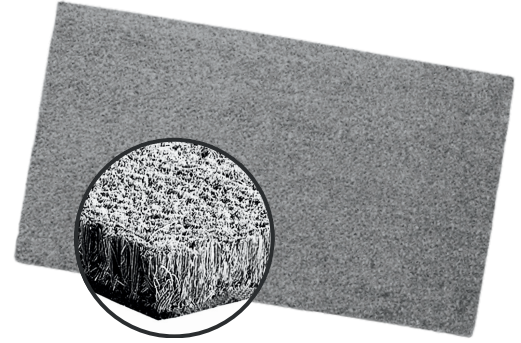
Not all doormats are the same, so choose the right one for your space.

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.

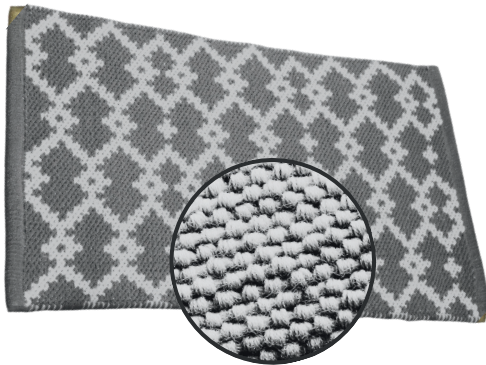
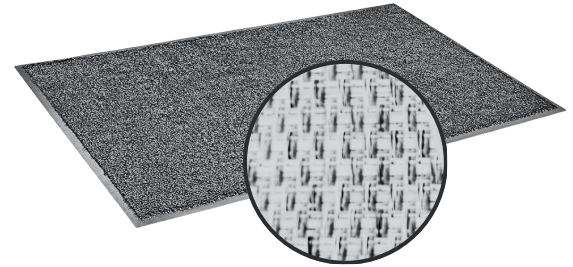
Replace every 3 to 6 months for high-traffic areas, or every 6 months to a year for lighter use.

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



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