



31 Best Essentials You Need to Stay Safe, Healthy, and Sane During the Quarantine



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By [Terri Williams](#) · Updated Aug 8, 2020 at 11:34pm

While COVID-19 rages on, the safest place is home sweet home. But, believe it or not, staying at home all day could also be hazardous to your health. For example, when you're out making runs for groceries and other necessities (or buying [high end coffee makers](#) to mimic your favorite coffee shop, and planning [how to create a gourmet kitchen](#)), it's possible to bring those germs back into your home – where they can linger on various surfaces. But are you properly cleaning and sanitizing your home?

Also, some of your daily habits could also be unhealthy. This is not the time to “let yourself go,” and pick up bad habits, while neglecting the basic and necessary activities to contribute to good health.

We found the 31 best essentials you need to stay safe, healthy, and sane during the quarantine. And since these are stressful times, we also rounded up a few experts to talk about ways to develop and maintain good habits while you're at home.

Cleaning the air you breathe

According to the EPA, indoor air is 2 to 5 times more polluted than outdoor air. “The simplest thing anyone can do to improve their home environment is to change their air filter regularly,” said Audrey Monell, President of [Forrest Anderson Plumbing and Air Conditioning](#) in Phoenix, AZ. “Air filters are designed to trap small particles that impact air quality and you don't need to buy the expensive allergy filters, which can put a strain on your HVAC system, just get the 1-inch pleated filters and change them monthly for better indoor air.”

She also recommends inspecting and cleaning your bathroom exhaust fans and kitchen range hoods. “These should be cleaned regularly, and in good working condition to avoid recirculating airborne contaminants,” Monell explains.

Chicago-based designer [Leslie Markman-Stern](#) advises consumers to use only non-VOC paints or low-VOC paints and stains to control toxins and off gases in the home. She also recommends using plants to achieve fresher air, or putting up a green wall.“