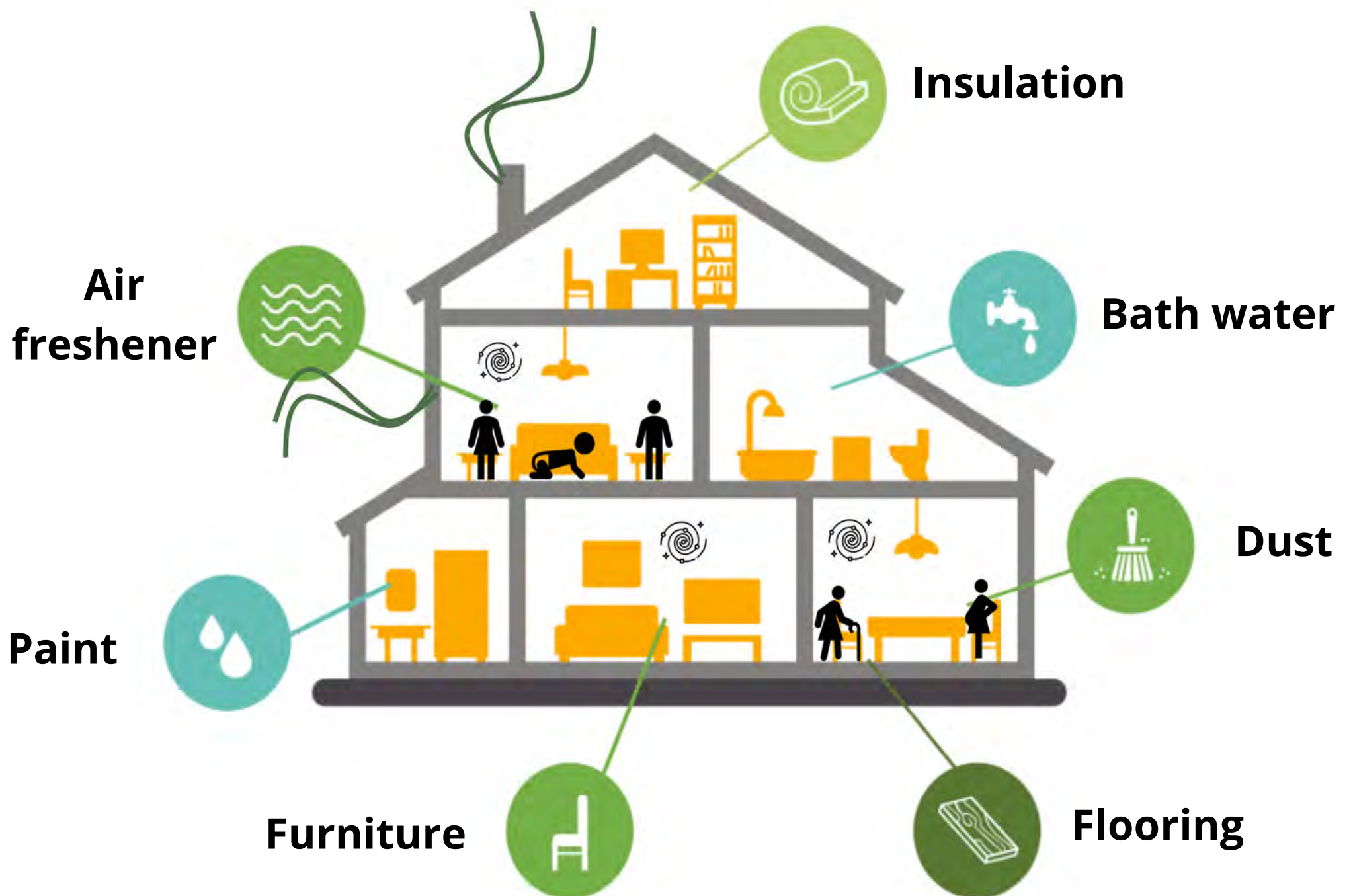


# Ways to improve indoor air quality at home



Help prevent the spread of COVID and protect your family from spring allergies and wildfire smoke.

# How can indoor air be unhealthy?



Home building materials and items we keep inside, like appliances, carpets and toys, can create particles that pollute the air inside our homes. Common activities like cooking and cleaning with chemicals also contribute.

Image: Duke University Environmental Exposomics Laboratory

# Easy ways to improve air quality

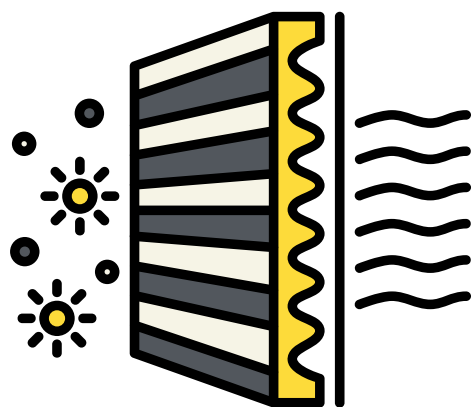
You can improve your air quality in these three ways:



**Prevention:** Preventing particles from being in the air.



**Ventilation:** Increasing air flow to dilute the number of harmful particles in the air.



**Filtration:** Filtering the air to remove particles.

# How to prevent poor air quality

- ✓ Take shoes off inside
- ✓ Dust and mop frequently
- ✗ Avoid using scented products like air fresheners
- ✗ Avoid burning scented candles indoors or use ones made of natural materials like beeswax
- ✗ Avoid smoking indoors, especially when children are present



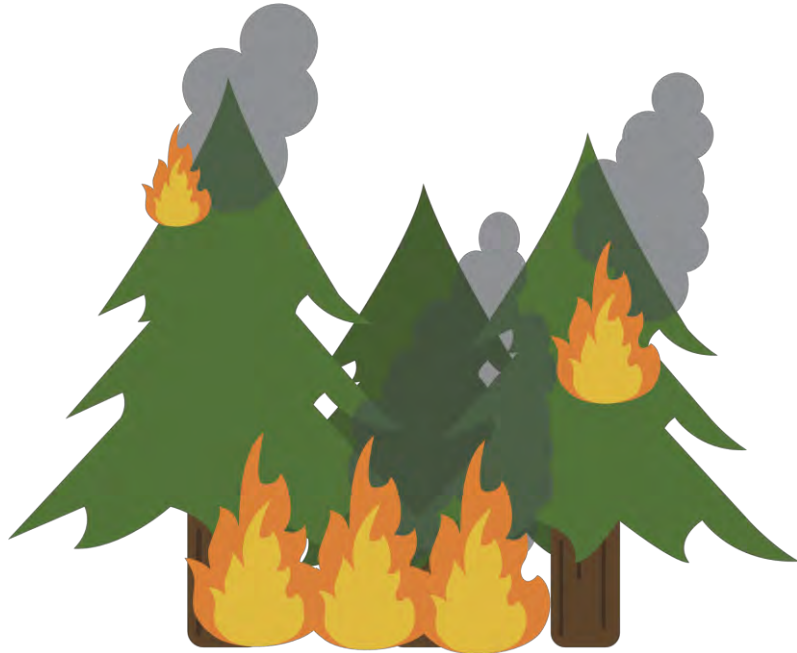
# How to improve ventilation



Ventilation brings in fresh air from outside to improve air circulation and dilute the number of harmful particles in your home.

- ✓ Open windows if weather allows
- ✓ Place fans in the window to blow contaminated air out and pull new air in
- ✓ Turn on an exhaust fan or open a window when you cook or take a shower

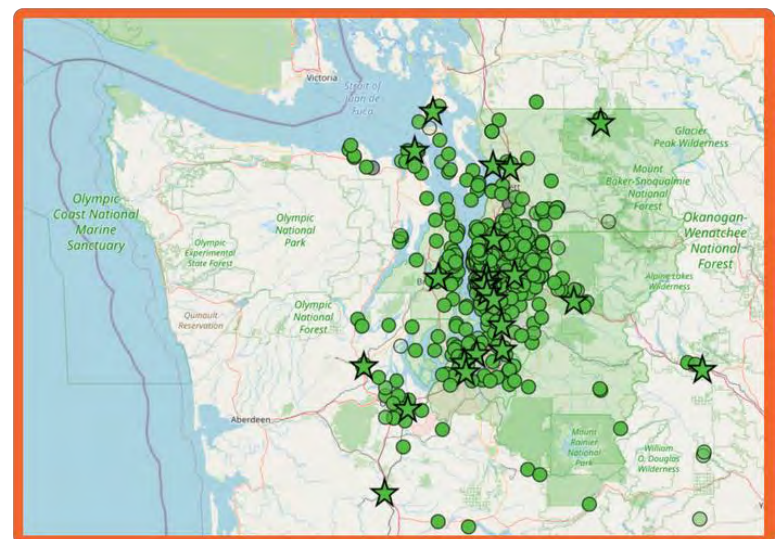
# How to improve ventilation



You should avoid opening windows during wildfire smoke events and days when outdoor air pollution is high.

On these days, a **portable HEPA air cleaner** or **box fan filter** may be a better solution.

Check our area's outdoor air quality online at Puget Sound Clean Air Agency's website: **[pscleanair.org](https://pscleanair.org)**



# How to filter indoor air

Consider buying a **portable air cleaner** with a **HEPA filter**, which captures and removes tiny particles from air such as pollen, smoke, germs, mold and dust.



# How to filter indoor air

Or, make an affordable DIY **box fan filter** at home that can reduce certain types of air pollution by 90%.



**20" X 20" Box Fan**



**20" X 20" Air Filter  
(MERV13 or FPR 10)**



**Heavy Duty  
Tape**

Place your filter or air cleaner where you spend the most time, or in areas where you can't open windows or turn on an exhaust fan.