
Breathe Better With Proper Ventilation



Improving ventilation helps create a healthier home environment and reduces the spread of airborne illnesses.

- Bring in Fresh Air: Open doors and windows to allow fresh outdoor air to circulate inside. Even cracking a window slightly can help. However, ensure safety considerations, especially if you have young children, pets, or poor air quality.

- Use Fans: Fans can help move air and improve circulation. Turn on exhaust fans in your bathroom and kitchen. Just remember not to leave fans unattended with young children.

- Filter the Air: If your home has a central heating, ventilation, and air conditioning (HVAC) system with air ducts, use pleated filters. Set the HVAC fan to the "on" position (instead of "auto") when you have visitors to continuously filter the air. Replace filters as recommended by the manufacturer.

- Consider Portable Air Cleaners: These devices can further improve air quality by removing particles from the air. Look for models with HEPA filters.

- Limit Visitors and Time Spent Indoors: Reducing the number of visitors and the duration of their stay can help minimize the accumulation of virus particles indoors.

Remember that proper ventilation, along with other preventive measures, plays a crucial role in maintaining a healthy indoor environment. Stay safe!

