



# Improve your indoor air quality at home

When it's too hot, too cold or too smoky outdoors, we spend more time indoors to stay comfortable. It's important to keep the air we breathe every day inside our homes, schools, offices and other buildings safe and healthy. Here's how you can improve your indoor air quality at home.



Open windows to allow fresh air to circulate (if the outside air is clean)



Use exhaust fans when you cook or shower



Avoid running vehicle engines in the garage



When heating your home, use cleaner alternatives to wood fires



Use and regularly replace High Efficiency Particulate Air (HEPA) filters



Regularly clean dusty surfaces



Wear a mask if you or someone in your home has cold or flu symptoms



Make sure moisture from drying clothes does not build up in your home



Scan the QR code to learn more.