

# How to improve your indoor air quality at home

Breathe better indoors:



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

## Additional resources

Scan the QR code to learn more about indoor air quality and how you can improve the quality of the air you breathe every day.



# Simple steps to improve your indoor air quality at home



Australian Centre for Disease Control  
[www.cdc.gov.au](http://www.cdc.gov.au)

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## Why is indoor air quality important?

When we talk about air quality, we often think about the air outside and in big cities. But the air inside our homes, schools, offices, and other buildings can also have big impacts on our health.

When it's too hot, too cold or too smoky outside, we shelter inside to stay comfortable, closing our windows, and turning on our fans, air conditioners or heaters.

This can trap pollutants inside, including viruses, dust, mould, and chemicals from household products. Without proper ventilation, indoor air can quickly become unhealthy.

Understanding how to prevent poor indoor air quality can help you create a cleaner, healthier home for yourself and your loved ones.

## How does poor indoor air quality impact your health?

Poor indoor air quality can cause serious illnesses or make them worse, including:

- airborne infectious viruses, like the flu and COVID-19
- asthma
- lung and heart disease
- some cancers
- carbon monoxide poisoning.

## Who is most at risk from poor indoor air quality?

Everyone is at risk from poor indoor air quality. Some people are at greater risk of serious illnesses from poor indoor air quality, including:

- children
- older people
- people with respiratory or cardiovascular disease
- people who are immunocompromised.

