Improve your indoor air quality at home this winter

As it gets colder, we spend more time indoors trying to keep warm. 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 this winter.

* Open windows to allow fresh air to circulate (if the outside air is clean)
* Use exhaust fans when you cook or shower
* Make sure your clothes dryer is well ventilated
* Avoid running vehicles in a garage attached to a dwelling
* If you can, heat your home using cleaner alternatives to wood fires
* Use and regularly replace HEPA filters
* Regularly clean dusty surfaces
* Wear a mask if you or someone in your home has cold or flu symptoms

Visit [health.gov.au/topics/environmental-health/about/indoor-air-quality](https://www.health.gov.au/topics/environmental-health/about/indoor-air-quality) for more information.