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

Scan the QR code to learn more.

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