How to improve your indoor air quality at home this winter

Breathe better this winter by:

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

Use exhaust fans when you cook or shower

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

Make sure your clothes dryer is well ventilated

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.

Interim Centre for Disease Control
www.cdc.gov.au

Australian Government
Department of Health, Disability and Ageing

Interim Australian Centre for Disease Control

Simple steps to improve your indoor air quality at home this winter

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, especially during winter.

As the temperature drops, we close our windows, turn on our heaters, and take shelter inside. While this keeps us warm, it can also trap pollutants like viruses, dust, mould, and chemicals from household products. Without proper ventilation, indoor air can quickly become unhealthy.

Understanding how winter affects indoor air quality, and knowing what steps to take to address poor 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 or make serious illnesses worse, like:

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

Who is most at risk from poor indoor air quality?

Some people are at greater risk of serious illness from poor indoor air quality, including:

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

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