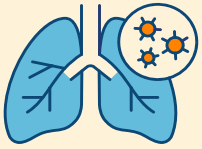


# IMPROVING INDOOR AIR QUALITY



## RESPIRATORY ILLNESSES AND AIR QUALITY

The viruses that cause COVID-19 (SARS-CoV-2), flu (influenza), and RSV (respiratory syncytial virus) spread through the air between people after someone who is sick coughs or sneezes. To reduce the spread of viruses, people can take steps to make the air cleaner in their homes and businesses. This includes ventilation and filtration of indoor air.

- **Ventilation** removes viruses and pollutants by pushing indoor air outside or pulling fresh outside air inside.
- **Filtration** removes viruses and pollutants from the air by trapping them in a filter.



## IN YOUR HOME



### Bring as much fresh, outdoor air inside as possible

- Open windows and doors to allow more fresh air inside
- Use fans to move indoor air outside
- Do not open windows and doors if it's unsafe for you or others (for example, people at risk of falling, young children or pets, people with asthma or other respiratory conditions if there is poor outdoor air quality)



### Use fans to improve air flow

- Place fans near windows to blow air outside
- Use ceiling fans when windows are opened or closed
- Use bathroom and kitchen exhaust fans



### Filter the air in your home

- Set fan to “on” instead of “auto” on your HVAC (heating, ventilating, and air conditioning) system
- Change your [filter](#) every three months or according to the manufacturer's instructions



### Consider a portable air cleaner

- If you do not have an HVAC system or cannot improve the air filtration of your HVAC system, consider using a portable high-efficiency particulate air (HEPA) cleaner to filter the air in a room
- Choose an air cleaner that filters for the size of the room you want to use it in
- See [EPA's Guide to Air Cleaners in the Home](#) for more information

For more information see CDC's [guidance](#) at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/Improving-Ventilation-Home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/Improving-Ventilation-Home.html)



## BUSINESSES AND FACILITIES



### Make sure your HVAC system is running properly

- Make sure it's maintained and inspected as recommended by the manufacturer
- Change filters regularly and make sure they are installed properly



### Maximize your HVAC

- If possible, aim for [five or more](#) air changes per hour (ACH)
- Use filters rated [MERV-13](#) (Minimum Efficiency Reporting Value) or better, when possible
- Circulate more air by turning fan to “On” to ensure fan runs continuously



### Ultraviolet Germicidal Irradiation (UVGI)

- [UVGI room treatments](#) use ultraviolet (UV) energy to kill germs that may be in the air
- Germs are killed by UV energy when they pass through a disinfection zone that is located above people in rooms they occupy
- The system installed must be designed by a professional



### Open doors and windows for better airflow

- When possible, open doors and windows, especially if you are using fans to direct air flow
- Make sure to point any fans away from people

For more information see CDC's [guidance](#) at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/improving-ventilation-in-buildings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/improving-ventilation-in-buildings.html)

For more info about respiratory illnesses visit: [vdh.virginia.gov/epidemiology/respiratory-diseases-in-virginia/](http://vdh.virginia.gov/epidemiology/respiratory-diseases-in-virginia/)