

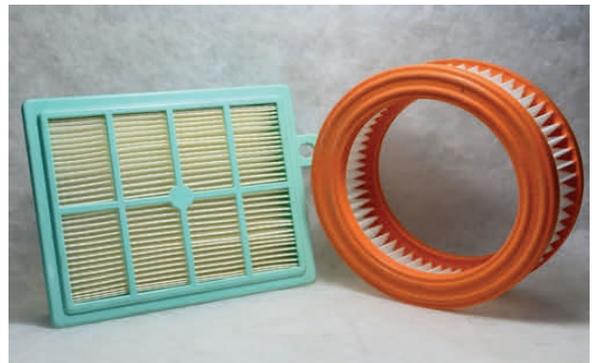
# Indoor Air Quality

## ***How can the air quality of indoor spaces affect someone's health?***

Some pathogens (like the SARS-COV-2 virus) are airborne. If someone with an airborne illness is contagious, they release microscopic particles into the air when they exhale. These particles can stay suspended in the air for long periods of time, even after the contagious person has left. As more particles linger in the air, the risk of others inhaling these contagious particles and getting sick increases.

## ***How can I improve my indoor air quality?***

Increase the use of both ventilation and filtration techniques. Ventilation moves air into, out of, or within a room, while filtration traps particles on a filter to remove them from the air. These methods are highly effective in reducing contagious particles from indoor spaces. They can also reduce irritating allergens like pet dander and pollen.



## ***How can I increase ventilation and filtration in my home?***

- Turn on ceiling and standing fans
- Open windows
- Turn on the exhaust in kitchens/bathrooms when guests are over
- Use a portable HEPA (High Efficiency Particulate Air) cleaner
- If your home uses an HVAC system:
  - ⇒ Install a pleated filter & replace it every three months
  - ⇒ Change the “Fan” setting to “On” (not “Auto”)

***For more information visit:*** [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)



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