

# Staying Healthy Indoors During the Summer

**This summer presents unique challenges:** increases in COVID-19 cases, extreme heat, and wildfires. Although we typically advise that outdoor environments are safer, these conditions make staying indoors a safer option. However, being indoors also comes with its own health risks. Here's how you can stay healthy and safe by following the 4 Ds.

## DURATION

While staying indoors may be safer under extreme heat, the risk of transmission of airborne particles is higher. Ensure that the time spent indoors is in well-ventilated areas to reduce health risks.

## DISTANCE

Maximizing space between individuals whenever possible is essential when overcrowding is unavoidable, such as during wildfires. These actions minimize the accumulation of airborne contaminants, including CO2 and viruses, and reduce the risk of transmission in crowded environments.

## DENSITY

As more people spend time indoors due to extreme temperatures, the risk of airborne disease transmission increases. To protect yourself and others, combining Density management with the other Ds—Dilution and Distance—is essential. Make sure to apply these strategies in your indoor spaces to minimize risks and stay safe.

## DILUTION

In situations where outdoor air quality is compromised, such as during wildfires, ensure that indoor spaces are well-ventilated using air purifiers or filtration systems. This helps reduce the concentration of airborne contaminants, including viruses while balancing the need to protect indoor air from outdoor pollutants.

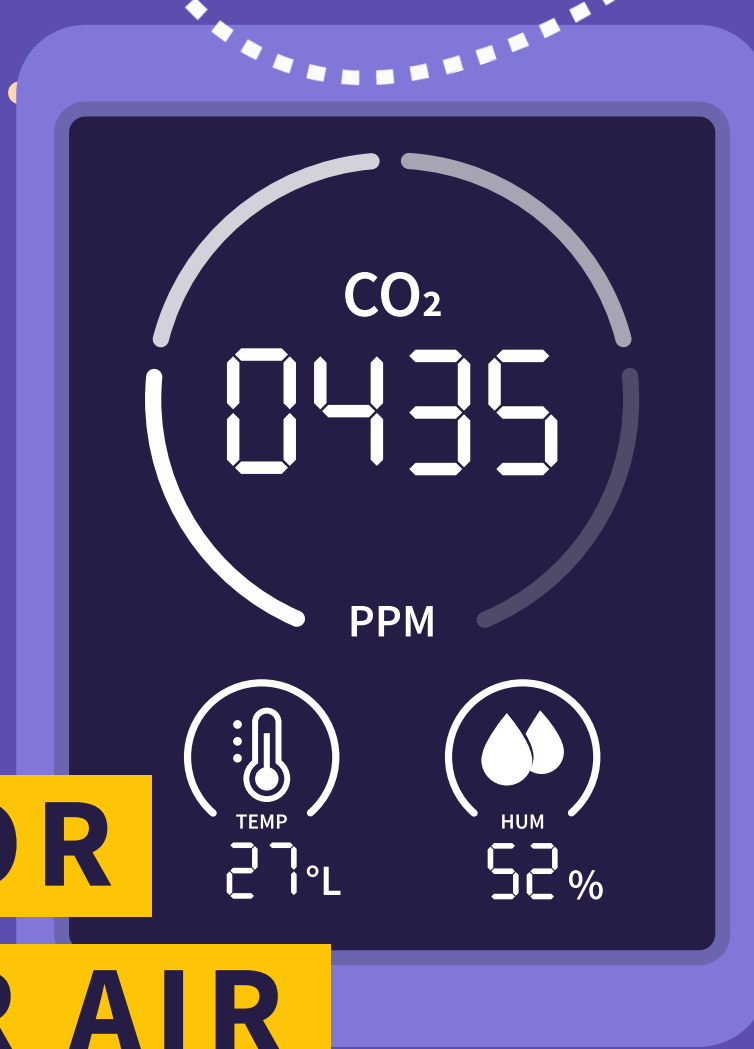
4Ds

## Top Tips for Staying Healthy Indoors

01

### MONITOR INDOOR AIR QUALITY

With a CO2 detector.



02

### STAY INFORMED

with local health and weather updates.



03

### CREATE A COOLING PLAN FOR HEATWAVES,

Such as using fans and avoiding strenuous activities.



04

### FOLLOW THE 4DS

To maintain a safe and healthy indoor environment.



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