




WINTER INDOOR AIR CHECKLIST:

How to Stay Safe from Airborne Diseases

01

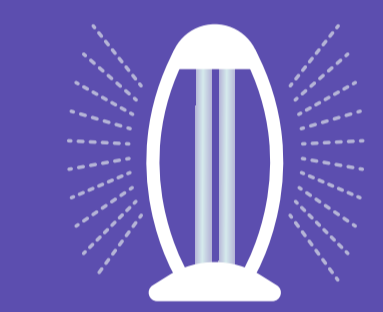
VENTILATION





-  Open windows regularly to allow fresh outdoor air to circulate.
-  Use exhaust fans in kitchens and bathrooms to improve airflow.
-  Set your HVAC system to maximize outdoor air intake.

02

AIR PURIFICATION





-  Use portable air purifiers with HEPA filters in high-traffic areas.
-  Place purifiers in rooms without windows or poor ventilation.

03

HVAC MAINTENANCE





-  Clean or replace HVAC filters every 3 months.
-  Schedule regular inspections for your HVAC system.

04

HUMIDITY CONTROL



-  Use a humidifier to maintain indoor humidity between 30%-50%.
-  Monitor humidity with a hygrometer to prevent dry air that can irritate airways.

05

PERSONAL HABITS



-  Limit time spent in crowded, poorly ventilated spaces.
-  Wear masks in high-risk indoor environments.
-  Stay home if sick.

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 www.commit2care.org