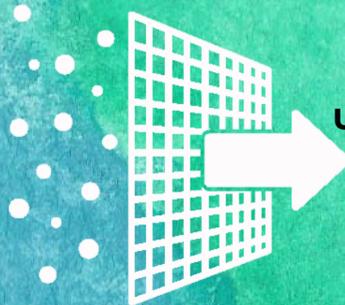


Indoor Air Quality

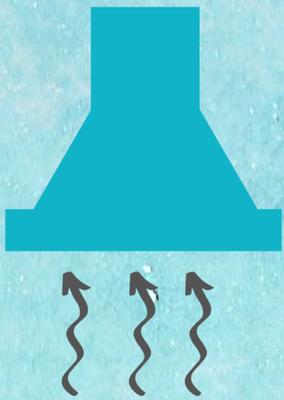
During blowing dust events & wildfires, heading indoors is recommended to keep your exposure to particulate matter to a minimum. However things you do in your home may be impacting your indoor air quality too - here are some tips for how to keep the air in your home as clean as possible & how you can create a "Clean Room" in your home.



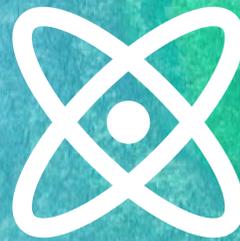
Avoid or reduce candle, incense and wood burning.



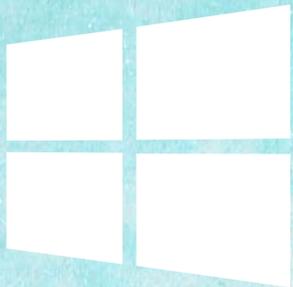
Use a high efficiency particulate arrestance (HEPA) filter in your HVAC system.



Turn on the range hood when cooking, especially when using a gas stove - or avoid cooking during spikes in particulate matter events.



Use "green" cleaning products and ask for and buy low-formaldehyde cleaning products.



Close windows and doors.



Prevent mold by keeping moisture levels down.

EPA TIPS FOR SETTING UP A CLEAN ROOM IN YOUR HOME

- **Choose a room.** It should be big enough to fit everyone in your household & comfortable to spend time in. A bedroom with an attached bathroom is a good choice.
- **Prevent smoke from entering the room.** Close windows and doors in the room, but don't do anything that makes it hard to get out. If there is an exhaust fan or range hood in the clean room space, only use it for short periods.
- **Stay cool.** Run fans, window air conditioners, or central air conditioning. If your HVAC system or window air conditioner has a fresh air option, turn it off or close the intake.
- **Filter the air in the room.** Use a portable air cleaner (preferably one with a HEPA filter) that is the right size for your room.
- **Avoid activities that create smoke or other particles indoors,** including: smoking, using gas or wood-burning stoves, spraying aerosol products, frying or boiling food, burning candles or vacuuming.

