

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.

Learn more and join our community at Commit to C.A.R.E.



www.commit2care.org

COMMIT TO
CARE