

When air quality is bad

Check the pollution level (AQI) at airnow.gov or www2.purpleair.com.

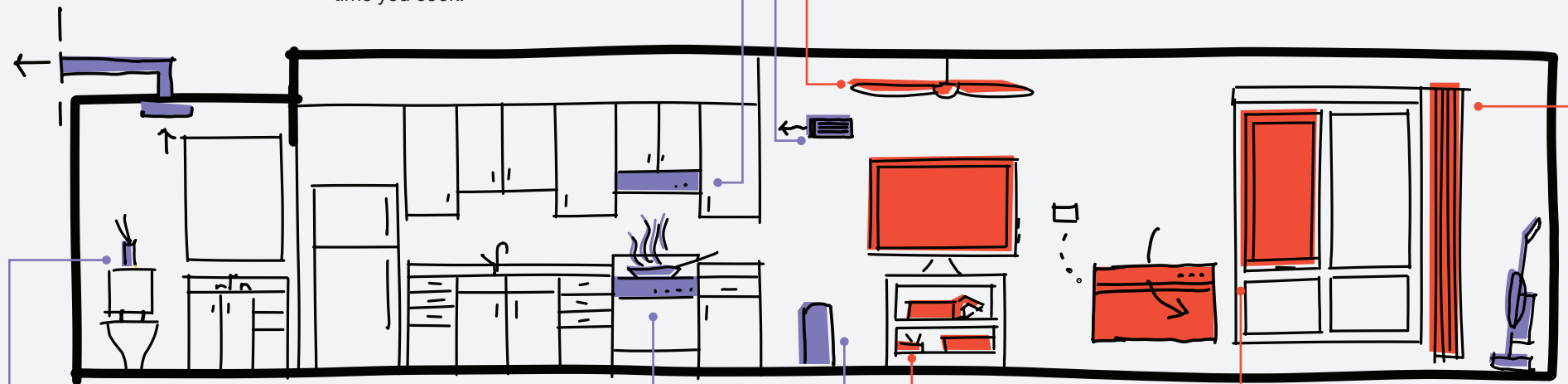
Your bath exhaust fan continuously pulls air out of your home, and new air comes in from various openings. Ensure windows and vents to the outside are closed.

Close your air vent.

This vent is connected to the outside. Keep closed if outside air is unhealthy.

Use the fan above your stove.

This prevents unhealthy pollution every time you cook.



Skip vacuuming and activities that impact air quality.

Avoid smoking, lighting candles, and burning incense.

Limit cooking that generates fine particles.

Avoid toasting, roasting, and frying; use a microwave oven, pressure cooker, or rice cooker instead.

Consider an air purifier.

Choose a HEPA filter with no ionization (odor control), which poses other health risks.

When the weather is hot

The device on your wall provides heat and air conditioning, but not fresh air. Take these steps to reduce energy use or stay comfortable if the power goes out. During an outage, contact property management about refrigeration of critical medications and to locate nearby cooling centers

Use fans to cool the body.

If you have a ceiling fan, set the fan to turn counterclockwise to blow air toward you. (When it gets cold in the winter, you can also reverse the fan to keep warm air from collecting at the ceiling.)

Close your blinds.

Shades and curtains help reflect heat.

Minimize use of heat-generating devices.

Computers, video games, TVs, and non-LED light bulbs can warm up a space.

Keep your windows closed during the day.

Open windows when the temperature outside is cooler than inside, such as in the morning and at night.