



everyday expertise™

CLEAN AIR

Clean air is essential to a life well-lived but we often take it for granted. Breathing unclean air, that may be contaminated by urban air pollution, pathogens, pollen or mould, is linked with a range of health issues and even premature death.

The good news is there's lots we can all do to clean our air to improve our health.

VENTILATE

Ensure adequate ventilation of indoor spaces.

Open windows and doors to bring the outdoors in and, if possible, use fans to aid air flow.

Aim for six air changes per hour.

MASK UP

Wear high-quality respirator masks, rated N95 or better.

Make sure the mask fits snugly, particularly over the nose and under the chin.

Respirators with head straps, rather than ear loops, provide a more secure fit.

FILTER

Clean the air using properly rated filters to extract particulates and pathogens.

High quality HEPA devices or home-made Corsi-Rosenthal Boxes, using MERV-13 filters, can be used to clean the air of pollen, virus particles and smoke in homes, classrooms and medical waiting rooms.

You can even buy small portable ones for cleaner air on the go.

BE INFORMED

Know about air quality threats in your area, whether it's urban air pollution, wildfire smoke or a COVID-19, influenza or RSV surge.



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