

# Breathe Easy: Tips for Improving Your Indoor Air Quality



Ventilation is the key to a fresh space. **Open windows** and **turn on exhaust fans**.



Activities like cooking, cleaning, and heating can impact your indoor air quality. Ventilate to **get the air moving**.



Plant trees and prohibit smoking and vehicle idling on your property.



Clean regularly by **wet mopping** and **wet dusting**. This method removes chemicals, dust, and dander without stirring them up in the air.



Use **door mats** and **wash hands** often to cut down exposure to viruses, bacteria, and chemicals.



Safely vent and clean fireplaces. **Regularly clean and replace your furnace air filters**.



## Stay indoors when outdoor air quality is classified as hazardous.

You may not always be able to see air pollution. You can check outdoor air quality online at [airnow.gov](http://airnow.gov). For latest information on wildfire smoke, visit [oregonsmoke.blogspot.com](http://oregonsmoke.blogspot.com).

**Follow safe cleaning and disinfectant practices.** The COVID-19 pandemic has led to increased use of disinfectants. It is now more important than ever to ensure safe and correct use of these products. Visit our website for our safe cleaning and disinfecting social media toolkit: [www.HealthOregon.org/choosesafeplaces](http://www.HealthOregon.org/choosesafeplaces).

**Read our [Environmental Site Assessment Resource Guide](#).** There are many online resources with information about chemical exposures from our federal and state partners. We collected our favorite resources here for you! Visit our “Additional Resources” page on our website ([www.HealthOregon.org/choosesafeplaces](http://www.HealthOregon.org/choosesafeplaces)) or follow this [link](#)!