**Make the air in your home safer during COVID-19 by increasing ventilation and filtration.**

You can take steps to make your home’s air safer when guests visit.

### Tips to Improve Ventilation and Filtration in Your Home

<table>
<thead>
<tr>
<th>If your home uses <strong>mechanical ventilation</strong> (a central heating and air conditioning system that moves air through ducts):</th>
<th>If your home uses <strong>natural ventilation</strong> (windows that open, radiators for heating, no central air conditioning):</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Install a higher efficiency filter into your HVAC system—if possible a MERV 13. Set the system’s fan to ON,</td>
<td>• Open windows to increase ventilation; make sure you can feel a cross breeze,</td>
</tr>
<tr>
<td>• Attach a MERV 13 filter to a box fan (not placed in a window) to create a DIY portable air cleaner, or</td>
<td>• Attach a MERV 13 filter to a box fan (not placed in a window) to create a DIY portable air cleaner, or</td>
</tr>
<tr>
<td>• Use a portable HEPA air cleaner.</td>
<td>• Use a portable HEPA air cleaner.</td>
</tr>
</tbody>
</table>

If you are using a **portable HEPA air cleaner**, use one that can clean the size of the room where you are using it. Run it continuously, if guests are in your home.

Consider using a **carbon dioxide (CO₂) sensor** to help monitor good indoor air ventilation. Outdoor air levels of CO₂ hover around 400 parts per million. Indoor readings higher than 800 ppm indicate that your ventilation is not optimal.

### Don’t forget:

- SARS-CoV-2, the virus that causes COVID-19, lingers in air and can travel more than 6 feet. It can also accumulate if there are people crowded in an indoor space.
- It’s spread by sick and asymptomatic people who shed the virus with every breath.
- The higher the local infection rate, the more people shedding virus in your community.
- Wear masks always, except when you are at home with people you live with. If someone is in your home who does not live there, everyone should wear masks.

### Links to More Resources:

- **Do it yourself: Box-Fan Air Filter**
- **The New York Times**: Mask work. Really. We’ll Show You How. How can airborne transmission of COVID-19 indoors be minimized?

*Increased ventilation and filtration will reduce but not eliminate the risk for exposure.*