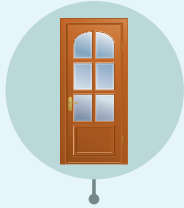


PROTECTING YOUR INDOOR AIR

You can do many things to ensure **GOOD INDOOR AIR QUALITY**. This is especially important during periods of **POOR OUTDOOR AIR QUALITY** when you may spend more time indoors as a result.

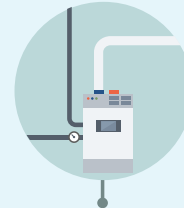
KEEP OUTDOOR AIR POLLUTANTS OUT



Keep windows and doors closed and use air conditioning (where available) if the weather is warm.



Properly seal windows and doors with weather stripping.



In homes with forced air ventilation, use a clean, good quality air filter based on the manufacturer's recommendations to help remove fine particles from the incoming air.

Keep up-to-date about outdoor air quality conditions in your region by checking:



Air Quality Health Index (AQHI) forecasts



InfoSmog forecasts for Quebec



Active weather warnings and air quality advisories

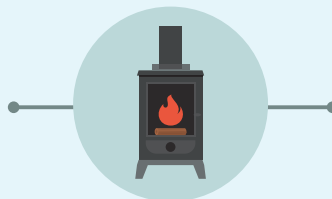


Provincial and territorial governments' websites

WOOD SMOKE FROM WOOD BURNING APPLIANCES

You can be exposed to wood smoke:

- both indoors and outdoors
- from your own burning activities or from those of others in your area.



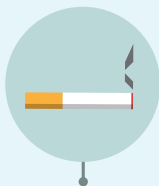
If you use a wood stove or fireplace, take steps to reduce the impacts of wood smoke, such as choosing a low-emission stove and burning wisely.



One important step is to install and maintain **at least 1 carbon monoxide alarm in your home**. Install the alarm(s) near sleeping areas and preferably 1 on each floor.

PROTECTING YOUR INDOOR AIR

REDUCE AIR CONTAMINANTS FROM INDOOR SOURCES



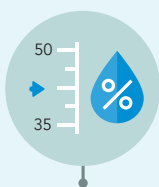
Don't smoke indoors.



When possible, limit the use of any combustion source, such as incense and candles.



Make sure fuel-burning appliances are installed, maintained and working according to manufacturers' instructions.



Address sources of indoor moisture to prevent mould growth. Maintain humidity levels between 30 and 50%, using a dehumidifier as necessary.



Avoid devices that produce ozone, as ozone can impact your health. The California Air Regulatory Board (CARB) lists air cleaners that have passed testing for ozone emissions.



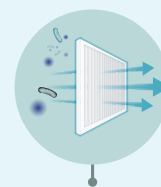
Use a vacuum cleaner with a high-efficiency particulate air (HEPA) filter. You can remove settled dust by wiping and wet mopping.



Consider selecting low emission cleaning products. Some products may emit high levels of volatile organic compounds (VOCs). Follow the directions for use and precautions listed on the label.



Store cleaning products, paints and solvents in areas away from living spaces.



Use certified portable air cleaners with high-efficiency particulate air (HEPA) filtration to help improve air quality by removing fine particles that can be a risk to your health. You may have to change or replace filters more often, depending on use and conditions.

For more information on **protecting your indoor air**, visit www.canada.ca/air-health or contact us at air@hc-sc.gc.ca.