# VENTILATION
## AND INDOOR AIR QUALITY

## WHAT IS VENTILATION?

**Ventilation** is the movement of air into or out of homes. It can be used to improve indoor air quality by removing pollutants from the home and by bringing in fresh air.

### SIGNS THAT VENTILATION IS TOO LOW

### SIGNS THAT VENTILATION IS TOO HIGH

### USING VENTILATION TO IMPROVE INDOOR AIR QUALITY

- Opening windows
- Using bathroom fan
- Setting your mechanical ventilation system to a higher setting or letting it run longer
- Installing a fresh air duct into your forced-air furnace
- Using your HRV or an ERV
- Using your furnace fan or, if necessary, a separate fan to distribute air
- Using your range hood on the highest setting while cooking

For more information on **Ventilation**, please visit **www.canada.ca/en/health-canada/services/air-quality.html** or contact us at: **hc.air.sc@canada.ca**

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