



Indoor Air Quality

65-90%



2-5x
higher





**Children breathe more
air per pound of body
weight than adults.**







Asthma



Asthma

Emphysema



Asthma

Emphysema

Bronchitis

**Today, one
out of every
15 children
has asthma in
the U.S.**



Sources of Indoor Air Pollution



Outdoor Air Pollution



Radon



Carbon Monoxide



Household Chemicals



Tobacco Smoke



Excess Moisture



**Dust Mites
&
Cockroaches**



Pet Dander



Pesticides



Tips to Improve Indoor Air Quality



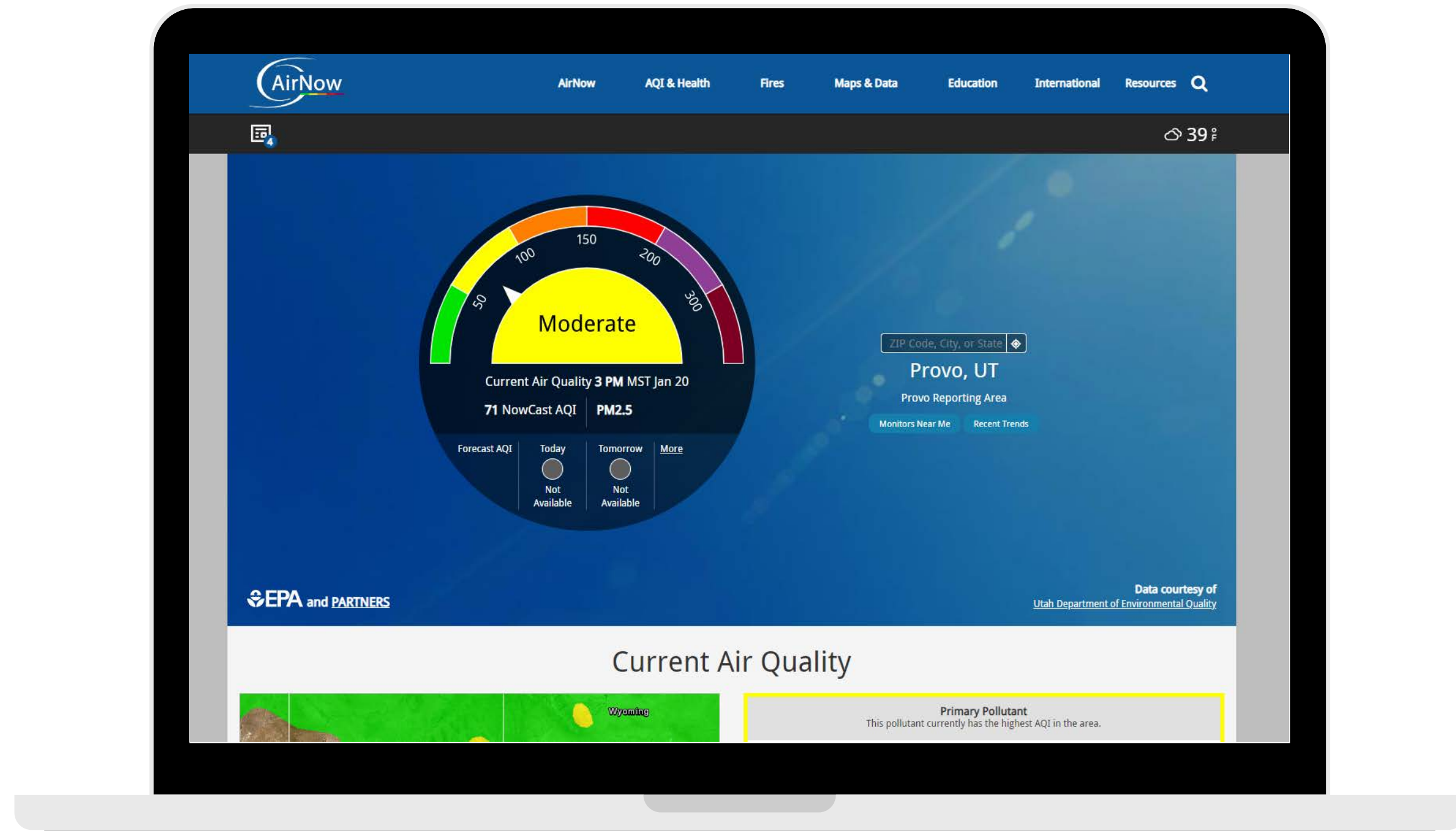


**Keep rooms well ventilated;
opening screened windows
and doors to bring in fresh air
from outdoors.**



**On poor air quality days,
keep doors and windows
shut to keep pollutants out.**

To check the air quality in your area, go to
www.airnow.gov





A professional company should service your HVAC system annually. Change your air filters regularly.

Use a portable air cleaner with high-efficiency (HEPA) air-cleaning filters.



Check out our award winning Eco-Healthy Child Care® (EHCC) Program! (Click Here)



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Air Quality- Fact Sheet

OCTOBER 2020



AIR QUALITY

ECO-HEALTHY CHILD CARE® HELPS EARLY CHILDHOOD LEARNING ENVIRONMENTS TO BE AS HEALTHY, SAFE AND GREEN AS POSSIBLE BY REDUCING CHILDREN'S EXPOSURE TO TOXIC CHEMICALS.

Accessibility
Menu

PART 1: CHILDPROOFING YOUR BOX FAN

Here's an easy, cheap way to add some childproofing to a box fan before making your HEPA-Filter box fan.

WHAT YOU'LL NEED



Box Fan



Mosquito Netting



Screwdriver



Knife

HOW TO ASSEMBLE

STEP 1



Unscrew and remove the front of the fan.

STEP 2



Stretch the screen over the fan.

STEP 3



Cut the excess screen away. A sharp knife works best.

STEP 4



Put the front back on the fan.

STEP 5



Screw the fan top back in.



PART 2: DIY HEPA FILTER BOX FAN

It's important to use ventilation alternatives so fresh air can move around. A box fan filter is an excellent ventilation alternative.

WHAT YOU'LL NEED



20x20x1 inch filter
Rating - MERV13, FPR10, or MPR1900



20-inch box fan



Duct Tape

HOW TO ASSEMBLE

STEP 1



Place filter on back (air intake side) of fan.

Note: Make sure the arrow on the side of the filter is pointing toward the fan.

STEP 2



Use duct tape to attach the filter securely to the fan.

STEP 3



Place in an area away from any obstacles and turn the fan on.

STEP 4



Keep all windows and doors closed to prevent new pollution from getting into your home.

WHEN USING:

- Close windows and doors.
- Place near the middle of the room.
- Don't use it in the window.
- Replace filter every 3 months or when dirty.

GENERAL SAFETY TIPS

- Make sure the filter is on the back of the fan, facing forward.
- Keep away from drapes and other flammable objects.
- Never use unattended.

**Avoid using scented or
unscented candles, artificial
air fresheners, or products
with fragrances.**





**Store all solvents, adhesives,
paints, and art supplies in a
well-ventilated area.**



Remove classroom pets



**Install a carbon monoxide detector.
Change the batteries in it every 6 months.**



**Never smoke indoors or on
child care premises.**



Thank You!



Contact Us:
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Resources



Utah APPLETREE Program: Choose Safe Places

<https://appletree.at.utah.gov/utah-choose-safe-places/about-ut-choose-safe-places/>



Utah Environmental Public Health Tracking: Air Quality

<https://epht.health.utah.gov/epht-view/topic/AirQuality.html>



Utah Department of Environmental Quality: Division of Air Quality

<https://deq.utah.gov/division-air-quality>



Children's Environmental Health Network: Fact Sheets

<https://cehn.org/our-work/eco-healthy-child-care/ehcc-factsheets/>