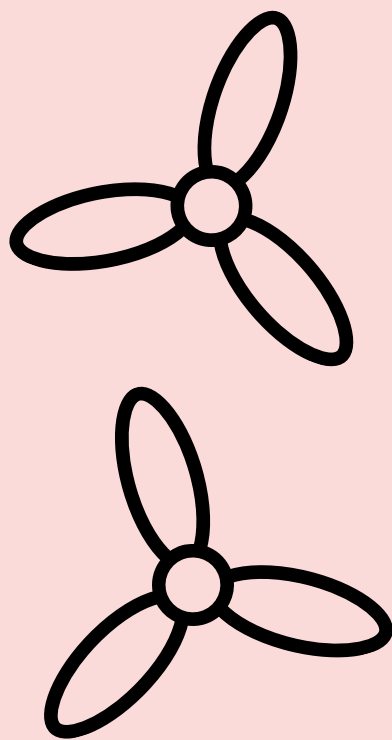


Protect Your Lungs While Staying Home During COVID-19

As people spend more time inside during the COVID-19 outbreak, it's important to recognize and reduce sources of pollution in your own home. Indoor air quality varies, but is often worse than outdoor air quality. However, you can improve the air quality in your home by reducing lung irritants generated indoors. Following some basic guidelines in your day-to-day routines can improve the health of those in your home who live with asthma and other lung diseases.

Use Your Bathroom Fan

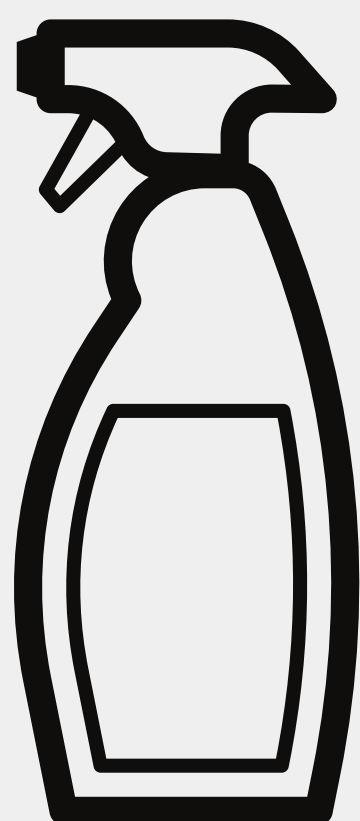
Moisture from showers can lead to mold and mildew growth, which may irritate the lungs of those with asthma and other lung diseases. Use the bathroom fan to vent extra moisture to the outside. If you haven't checked your fan lately, now is a good time to remove any dust and dirt from the fan grill to keep it working properly. If your bathroom doesn't have a fan, open a window for ventilation if possible.



Take Precautions While Cleaning Surfaces

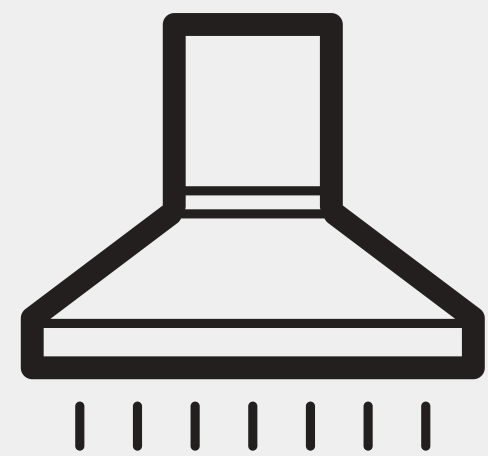
Regularly cleaning surfaces in your home is a good practice, and can also help prevent the spread of the COVID-19 virus.

If you are cleaning with chemical solutions, try to open a window to vent fumes from your space. Never combine ammonia and chlorine bleach cleaners. Doing so can produce a toxic gas which could be dangerous to you and your family, and especially those who live with asthma and other lung diseases. If possible, use a vacuum cleaner rather than a broom to keep dust levels in the air low.



Use a Stove Fan or Open Windows While Cooking

Cooking creates moisture, which feeds mold and mildew growth. Gas stoves also produce nitrogen dioxide, which is known to cause asthma and COPD exacerbations. Using a stove fan that vents to the outside can reduce pollution from cooking by 75%. If you don't have a stove fan that vents outside, opening a window can help remove this moisture and pollution.



Smoke Outside, or Better, Quit

Anyone in your home who smokes should do so outside, as smoke and vapor from tobacco and e-cigarette products can be especially irritating to the lungs of someone living with asthma or other lung diseases. If you live in multi-unit housing, be aware that some of your neighbors may be struggling at this time and their conditions could worsen with exposure to second hand smoke as well.



If you are thinking about quitting, there are a number of resources to help you at www.resphealth.org.

Other Household Tips

- Avoid using candles or incense that produce smoke particles in your home, as they can trigger asthma.
- Use an outdoor mat as wiping shoes can reduce pollutants brought into the house. Even better, establish a shoes-off policy.
- Ventilate areas when using fume-producing products like nail polish or paint that can irritate the lungs.
- For allergies, use a safe HEPA air filter when windows are closed.

