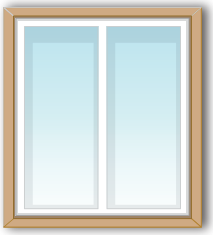
Clean Air @HOME → W.A.T.C.H.

Windows



- Open windows as much as possible.
- If it's cold outside, even cracking windows slightly can help.
- Warm weather? Having 2 windows open while using a fan to blow air out of 1 window is optimal.

Air Movement

- Check to see if you feel air coming from air vents.
- Run your Energy Recovery Ventilator (ERV) if you have one and turn on your range hood or exhaust fan.
- Use a MERV-13 rated filter in your furnace.

Thermostat

- Keep the FAN setting ON when the room is being occupied.
- AUTO is ok to use when the room is going to be unoccupied.

CO_2 Levels

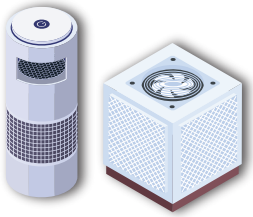
- Use a CO_2 monitor with a nondispersive infrared (NDIR) sensor.

< 600 ppm	Very Good
600 - 800 ppm	Good
800 - 1000 ppm	Acceptable
1000 - 1500 ppm	Poor
>1500 ppm	Very Poor

- Contact your local library to see what lending options may be available.

HEPA Filter or Corsi-Rosenthal Box

- Use the highest setting (noise permitting).
- Disable features like:
  - Ionization
  - Plasma
  - UV with Catalyst
  - Auto



PLACEMENT IS IMPORTANT!

- Move away from walls & corners (0.5 m or 1.5 ft).
- Place as close as you can to the centre of the room.
- Avoid blowing directly at anyone.
- Face away from walls & obstructions, e.g. blowing under a table.
- Raised is better than on the floor.
- Keep away from clean air sources: open windows, air vents, & other HEPA filters.
- If you have multiple HEPA filters, space them out evenly.

Other TIPS...

1. Visit the Local Risk Index before attending or hosting a social gathering. Visit *peterboroughpublichealth.ca* and search 'risk index' for more ways to protect you and your family.
2. Stay home if you are feeling unwell.
3. Be up-to-date with your vaccines.
4. Consider spending as much time outside as possible.
5. Wear a mask if others at risk will be present or the risk is elevated.