

Teacher's Tips: Improve Indoor Air Quality (IAQ)

1 Dilute: There are two main ways to bring in fresh air

- A. Open doors and windows but pay attention to the outside conditions. You can check the air quality outdoors by using your ZIP code at airnow.gov or **scan the QR code**.

What is my ZIP code's air quality index (AQI) today?



- ✓ Feel free to open doors and windows when the air quality is good or moderate (0–100). Make sure children and staff are comfortable with no reaction to pollutants, temperature, or allergens.
- ✓ Keep windows and doors closed in unhealthy weather conditions (101–300).



- B. Some Heating, Ventilation, and Air Conditioning (HVAC) systems can bring in fresh air. Keep your classroom's air delivery and return vents clear of furniture or clutter so air can flow freely.

Ask your maintenance team to check if outside air can be brought in through your vents, and if so, set thermostats to "Fan ON" instead of "Fan Auto," so air is always flowing.

2 Filter: Clean the air

Clean the air with a portable air cleaner (PAC) with high efficiency particulate air (HEPA) filters. If possible, upgrade the HVAC system filters (MERV 13 rating and higher). When changing filters, it's a good idea to wear protective equipment like gloves and a well-fitted mask to avoid breathing in particles.

Scan the QR code to learn more about how to improve indoor air quality!



Mix: Move the air

Move around the clean air inside a room with fans (ceiling, wall-mounted, or portable), and/or through the vents in your HVAC system.



3

Use Microfiber Cloths for a Healthier Classroom

Clean desks or tables with microfiber to remove dirt, grime, and germs, including during snack time.



Keep classrooms healthier by cleaning with products that are also safer for asthma.

- Some cleaning products and disinfectants in the classroom can cause or trigger asthma.
- Routine use of microfiber safely cleans without exposure to chemicals or disinfectants.

Wipe counters, sinks, whiteboards, mirrors, computer screens and keyboards, glass, and musical instruments with microfiber.



Scan the QR code to learn more about Microfiber cloths!

Practice with students: Ask children to use their elbow to cover their cough. This helps keep the air clean and protects each other from germs.

