

# COVID-19: HEALTHY INDOOR AIR QUALITY IN CHILD CARE FACILITIES

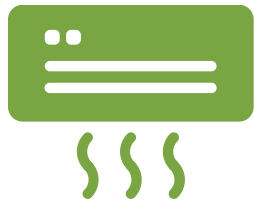
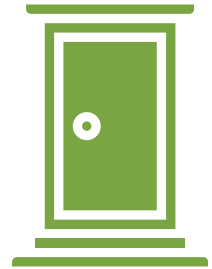
*Healthy Indoor air quality can reduce indoor air pollution and help reduce viruses*

- Proper ventilation with outside air can help reduce viruses indoors when used with other best practices recommended by the [Centers for Disease Control and Prevention](#).
- Indoor air pollution is often greater than outdoor levels as a result of products used inside.
- Remember to check the latest advice from state, local, and federal health agencies.

**NOTE: This guidance is applicable to both family and center-based child care settings.**

## INCREASE VENTILATION

Increase ventilation by opening screened windows and doors. But avoid these actions when outdoor air pollution is high or when it makes your home or facility too cold, hot, or humid. To improve natural ventilation you can open more than one window or door at a time

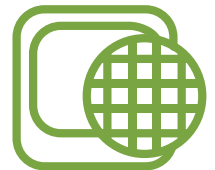


If you have a heating, ventilation, and air conditioning (HVAC) system, run the system fan for longer times, or continuously and ensure your system is properly maintained. Change filters according to the manual. If window air conditioning units are used, check filters regularly and replace as needed. [The American Society of Heating, Refrigerating and Air-Conditioning Engineers](#) has developed guidance to help address COVID-19 concerns with respect to the operation and maintenance of HVAC systems.

## HVAC SYSTEM

## CONSIDER UPGRADING HVAC FILTERS

Consider upgrading the HVAC system filter to a [higher efficiency filter or the highest-rated filter that your system fan and filter slot can accommodate](#). Consult your HVAC manual or an HVAC professional for details.



## THINK ABOUT USING PORTABLE AIR CLEANERS OR AIR PURIFIERS

Place the [air cleaner\(s\)](#) in the room(s) you spend the most time in or where [at-risk people reside](#).

## AVOID SCENTED OR FRAGRANCED PRODUCTS

Do not use scented or unscented candles, artificial air fresheners or cleaning products with fragrances. These products contain multiple harmful chemicals including phthalates and solvents. Choose "[fragrance-free](#)" instead of "unscented" as the "unscented" label indicates that a fragrance was added to mask other chemical smells.



Contact Poison Control right away if you suspect a poisoning. Help is available online with [webPOISONCONTROL](http://webPOISONCONTROL.org)® or by phone at 1-800-222-1222.



## CHOOSE PUMP SPRAYS OR WIPES

Use pump sprays or cleaning and/or disinfecting wipes. Avoid all aerosols as they can spew invisible droplets of chemicals into the air. The invisible droplets remain in the air for long periods of time and can be inhaled by children triggering asthma and allergy symptoms.



## PREVENT MOLD & MILDEW

Reduce mold and mildew by fixing leaks, cleaning up spills quickly and using fans that vent to the outdoors in the kitchen, bathroom and laundry area. Preventing mold is essential—once it is in your facility it is difficult to remove. If you notice damp or earthy odors in your facility, consider using the National Institutes of Occupational Safety and Health guide "Mold and Dampness Assessment Tool" to determine if you need remediation for mold.

## NON-TOXIC ART SUPPLIES

Use non-toxic art supplies. Make sure art supplies are approved by the Art & Creative Materials Institute, Inc.'s "AP" Seal.



## STORE SOLVENTS, PAINTS & ART SUPPLIES IN A WELL-VENTILATED, SECURE AREA

Ensure all solvents, adhesives, paints, and art supplies are stored in a well-ventilated area. Products should be sealed tightly and stored in their original containers out of the reach of children.

## CARBON MONOXIDE DETECTOR

Purchase and install a carbon monoxide detector to prevent carbon monoxide exposure.



## LOW OR NO VOLATILE ORGANIC COMPOUNDS

Use low or no volatile organic compounds (VOCs) paint or finishes when painting or remodeling.

## INTEGRATED PEST MANAGEMENT (IPM)

Employ least-toxic Integrated Pest Management techniques to reduce the need for pesticides indoors.

