

# INDOOR AIR FACTS:

## How to Protect Yourself and Your Loved Ones From COVID-19

COVID-19 spreads indoors through surfaces, droplets and aerosolization. So how do we stop the indoor spread of COVID-19?

- Droplets: Wear a mask and maintain a minimum of 6-foot social distance

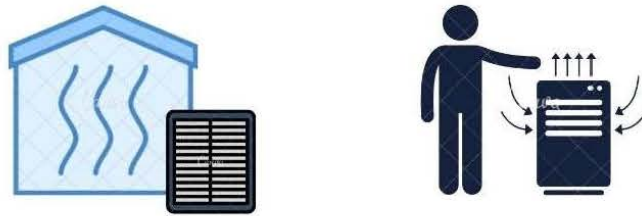


- Aerosols: There are three different options:

- Ventilation: Dilute indoor air with fresh, outdoor air.



- Filter: Use HEPA Filters on forced air HVAC devices which filters down to less than 1 microns..



- Purify: Add UV light and/or ionization to HVAC systems



- Surfaces: Clean and disinfect frequently touched surfaces



"COVID-19 is an indoor disease of crowded places with poor air exchange and no masks."