

Tips for Reducing COVID-19 Risk Indoors

Good indoor ventilation can reduce the spread of COVID-19.

#1 Open Doors and Windows, Use Fans

Keep windows and doors open as much as possible and use portable fans to bring fresh air inside. Place fans near open windows pointing outward to blow away stale air and draw in fresh air from other open windows and doors.

To reduce virus spread, be careful not to blow air from one person to another and avoid running ceiling fans unless necessary for temperature control.



#2 Run Heating and Air, Upgrade Filters

If you have a heating and air system, keep it running at full capacity as much as possible, regardless of the outside temperature. Set the system's fan to ON instead of AUTO to continuously circulate air through its filters.

Install high-quality air filters, MERV 13 or greater are best if your system can handle it. Also, keep up with routine maintenance.



#3 Use Portable Air Cleaners

Use [portable air cleaners](#) to improve air filtration inside your home, especially when you can't do steps #1 and #2 above. Purifiers circulate air through high-quality air filters.

Choose a cleaner that is the right size for your space, and multiple purifiers as needed for a large space. Place the air cleaner toward the center of your space, close to where people gather. Choose a cleaner that is [certified for safety in California](#) and doesn't release harmful substances.



¹ For more information about choosing a portable air filter for your home, visit the EPA's website on [Air Cleaners and Air Filters in the Home](#).



For more information, read the [full guidance](#).

