

# 5 WAYS TO KEEP THE AIR IN YOUR HOME FRESH AND CLEAN!

Did you know that keeping the air in your home clean is very important for your health? Breathing clean air at home can also make you feel happier and more energetic! Here are some easy and fun tips to help you improve the air quality inside your home.

1

## OPEN THE WINDOWS

FRESH AIR FROM OUTSIDE HELPS GET RID OF INDOOR POLLUTANTS AND LOWERS CO2 LEVELS, MAKING YOU BREATHE BETTER. OPEN YOUR WINDOWS FOR A FEW MINUTES EVERY DAY, ONCE YOU WAKE UP, AND BEFORE YOU GO TO SLEEP!

2

## USE AIR QUALITY MONITORS

AIR QUALITY MONITORS CAN TELL YOU HOW CLEAN OR DIRTY THE AIR IS. IT'S A FUN WAY TO LEARN ABOUT THE AIR YOU BREATHE AND HOW TO KEEP IT CLEAN.

3

COOK WITH A VENT

COOKING CAN RELEASE SMOKE AND PARTICLES THAT CAN POLLUTE THE AIR YOU BREATHE. ALWAYS USE THE KITCHEN VENT OR OPEN A WINDOW WHILE THE GROWN-UPS ARE COOKING!

4

## USE AIR PURIFIERS

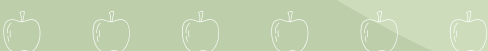
AIR PURIFIERS CAN HELP REMOVE DUST, POLLEN, AND OTHER TINY PARTICLES FROM THE AIR. IF YOU OPENED ONE UP, YOU'D SEE IT'S JUST A LARGE, POWERFUL FAN, AND A BIG HEPA FILTER THAT CLEANS THE AIR FOR YOU.

THEY DON'T HAVE TO BE EXPENSIVE! YOU CAN EVEN MAKE YOUR OWN TO UNDERSTAND HOW THEY WORK.

5

## HOUSE PLANTS ARE YOUR FRIENDS

HOUSE PLANTS CAN HELP CLEAN THE AIR. ASK AN ADULT TO HELP YOU PICK SOME OF YOUR FAVOURITES!



By following these simple tips, you can help keep the air in your home fresh and clean. It's easy and fun to make a big difference!



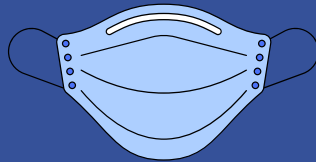
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# WHAT DO YOU NEED TO BUILD YOUR OWN AIR PURIFIER?



- A SMALL ELECTRIC FAN
- A FACE MASK
- RUBBER BANDS OR STRING
- TAPE



- **Prepare the Fan:** Find a small electric fan in your house, without exposed blades. Ask an adult to help you if you need to.
- **Attach the Face Mask:** Take the face mask and place it over the front of the fan.
- **Secure the Mask:** Use rubber bands or string to secure the mask around the fan. Make sure it covers the entire front of the fan so air has to pass through the mask. Use tape to hold the mask in place if needed. Make sure it's nice and snug!
- **Turn it On:** You'll feel the air coming through the mask, and it will be cleaner because the mask is acting like a filter and is catching dust and other particles!



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