

Improve Indoor Air Quality At Your Childcare Center

Fact Sheet for Childcare Providers

The indoor air of childcare centers are often 2 to 5 times more polluted than the air outside. Read below to learn how to improve indoor air quality at your childcare center.



Poor indoor air quality can trigger asthma attacks.

Children are at higher risk for the harmful effects of air pollution.

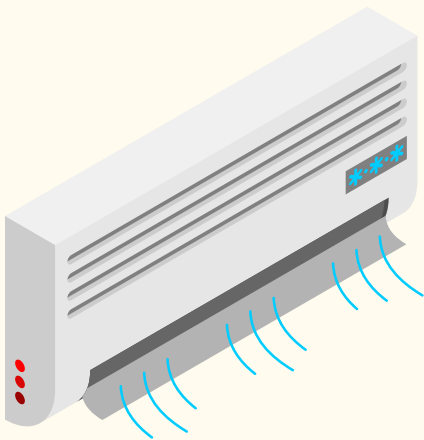
Children's lungs and bodies are still developing. They also breathe more air compared to adults. Today, one out of every 15 children has asthma in the US. Asthma is the leading chronic illness for children. Poor indoor air quality can trigger asthma attacks.

Childcare centers have many sources of indoor air pollution.

- Outdoor air pollution
- Tobacco products
- Building materials and furnishings
- Products used for cleaning and maintenance
- Central heating and cooling systems
- Excess moisture
- Radon
- Pesticides

Keep indoor air clean.

On poor air days, keep doors and windows shut to keep pollutants out. Check the local air quality index (AQI) daily at air.utah.gov. It's important to use ventilation alternatives so fresh air can move around. A HEPA box fan filter is an excellent ventilation alternative.



Maintain and inspect heating and air conditioning systems regularly.

There are low-cost methods to improve indoor air quality.

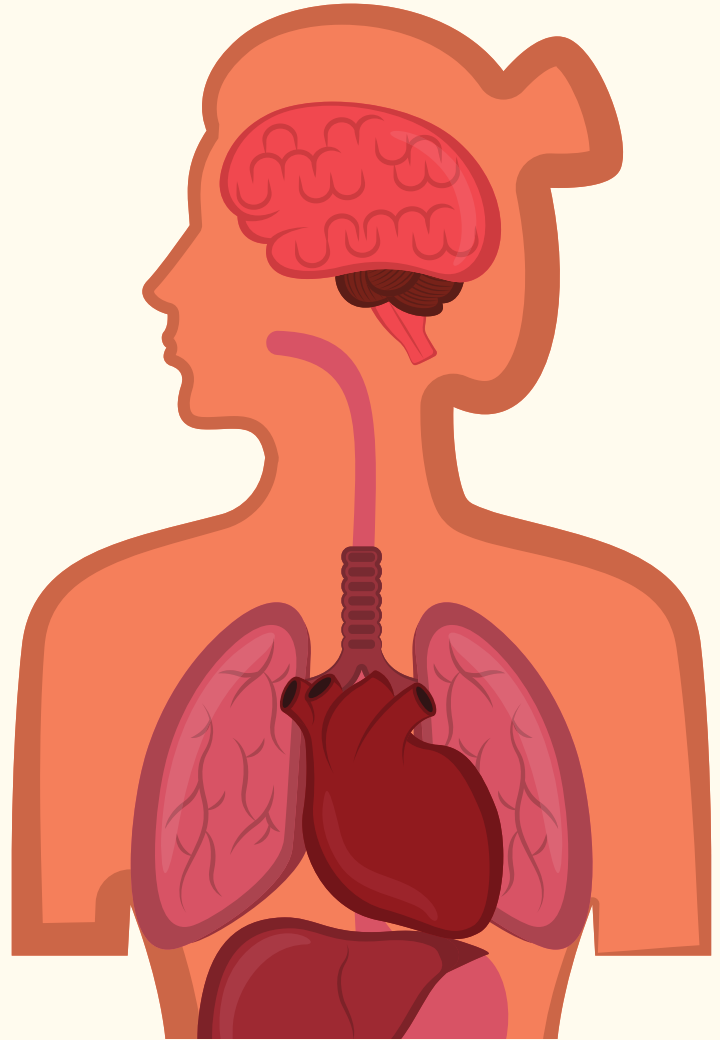
- When outdoor air quality is good, open windows and doors to increase airflow.
- Optimize heat, ventilation, and air conditioning (HVAC) settings.
- Use cleaning products that are fragrance-free and meet EPA's Safer Choice Standard.

Short Term Health Effects of Poor Indoor Air Quality

- Irritation of the eyes, nose, and throat
- Headaches, dizziness, and fatigue

Long Term Health Effects of Poor Indoor Air Quality

- Cancer
- Respiratory diseases
- Heart disease
- Making existing health conditions worse



Air Quality Resources

EPA Indoor Air Quality Page:

www.epa.gov/indoor-air-quality-iaq

Check the Air Quality Index (AQI) for your community:

air.utah.gov

Eco-Healthy Childcare Indoor Air Quality:

<https://cehn.org/covid19-resources/#indoor-air-quality-ventilation>

EPA's Safer Choice Standard for disinfectants:

www.epa.gov/saferchoice/design-environment-pesticides

Scan the QR code for more information



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