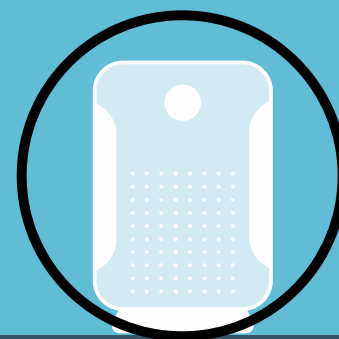
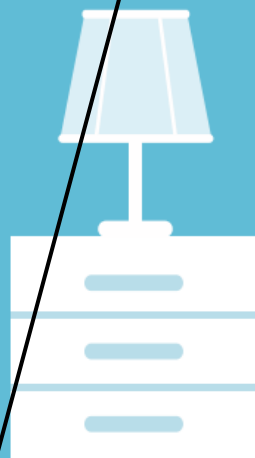
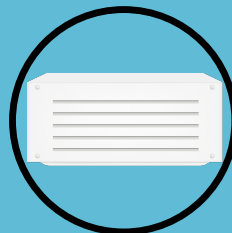


# Ventilation



Cancer & Environment Network  
of Southwestern Pennsylvania



## Natural Ventilation:

- Opening windows and doors can improve ventilation and indoor air quality, except when outdoor air pollution is high.
- Opening windows or doors at opposite sides of a space while keeping internal doors open will increase cross ventilation which will further improve indoor air quality.

## HVAC Systems:

- Service annually by a professional company.
- Change filters according to the manual and keep a log to track when the next replacement is needed.
- Ensure that HVAC dampers can both open and close and are clear of debris.

## Portable Indoor Air Cleaners:

- Consider using portable air cleaners. These can be used to supplement natural and mechanical ventilation systems.
- Choose air cleaners that have a high efficiency particle air filter (HEPA) and a high clean air delivery rate (CADR).

For more information, visit the following:

- [Cancer and the Environment of Southwestern Pennsylvania, Chemical Fact Sheet: VOCs](#)
- [Cancer and the Environment of Southwestern Pennsylvania, Chemical Fact Sheet: Particulate Matter](#)
- [EPA: Guide to Air Cleaners in the Home](#)
- [Association of Home Appliance Manufacturers: Consumer Guide to Air Cleaners](#)