

EARTH

VIRTUAL LUNCH & LEARNS



MONTH

OPEN TO ALL • RAFFLE PRIZES

Wednesday, April 13, 2022
12pm - 1pm

Breathe Easy: DIY Air Filter Demonstration



Healthy Homes and Communities

Examples of our work

Air pollution

- Administer wood smoke curtailment ordinance
- Wildfire response

Climate change

- Regional Climate and Health Monitoring Report
- Extreme heat response

Portland Harbor Superfund Cleanup

- Health education on toxic fish consumption
- Training Community Health Workers

Lead poisoning

- Investigation/case management
- Screening for low income kids and pregnant moms

Healthy homes

- Advice on mold, bedbugs, and radon

Built environment

- REACH Transportation Safety Report
- Mapping environmental justice indicators



Clean air for **everyone**, all the time, **everywhere**.



Indoor Air Quality

90% of our lives
spent indoors



2-5x More pollution
indoors than
outdoors



Image credit: <https://www.insulwise.com/indoor-air-quality/>



Indoor Air Pollution Sources & Activities



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COMMON INDOOR AIR POLLUTANTS



AIRBORNE PARTICLES

Dust, dead skin, pollen, vehicle exhaust, pet dander, dust mite feces, smoke, hair, plant matter



HOUSE ODORS & GASSES

Cooking odors, pet smells, cigarettes, sink or drain smells, trash odors, "stale" air



MICROBES & GERMS

Bacteria, Mold, Yeasts, mites, viruses, fungus, toxins



VOLATILE ORGANIC COMPOUNDS (VOCs)

image credit: Paschal

Paints, glues & varnishes, adhesives, furniture & office equipment, cleaning supplies, wood preservatives, carpet emissions, chemicals



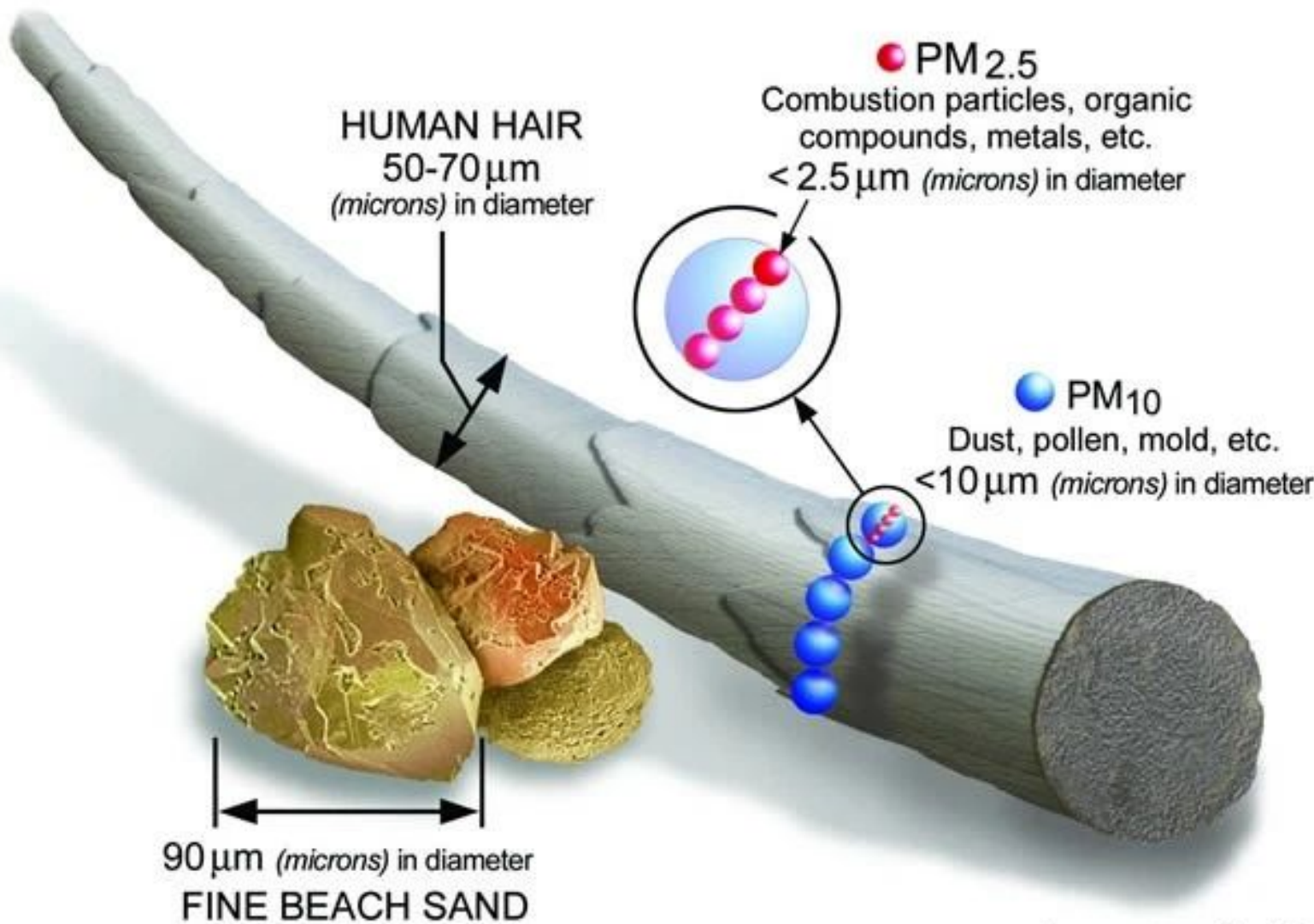


Image courtesy of the U.S. EPA



Air cleaners pull in dirty air, trap tiny harmful particles, and blow out cleaner air.

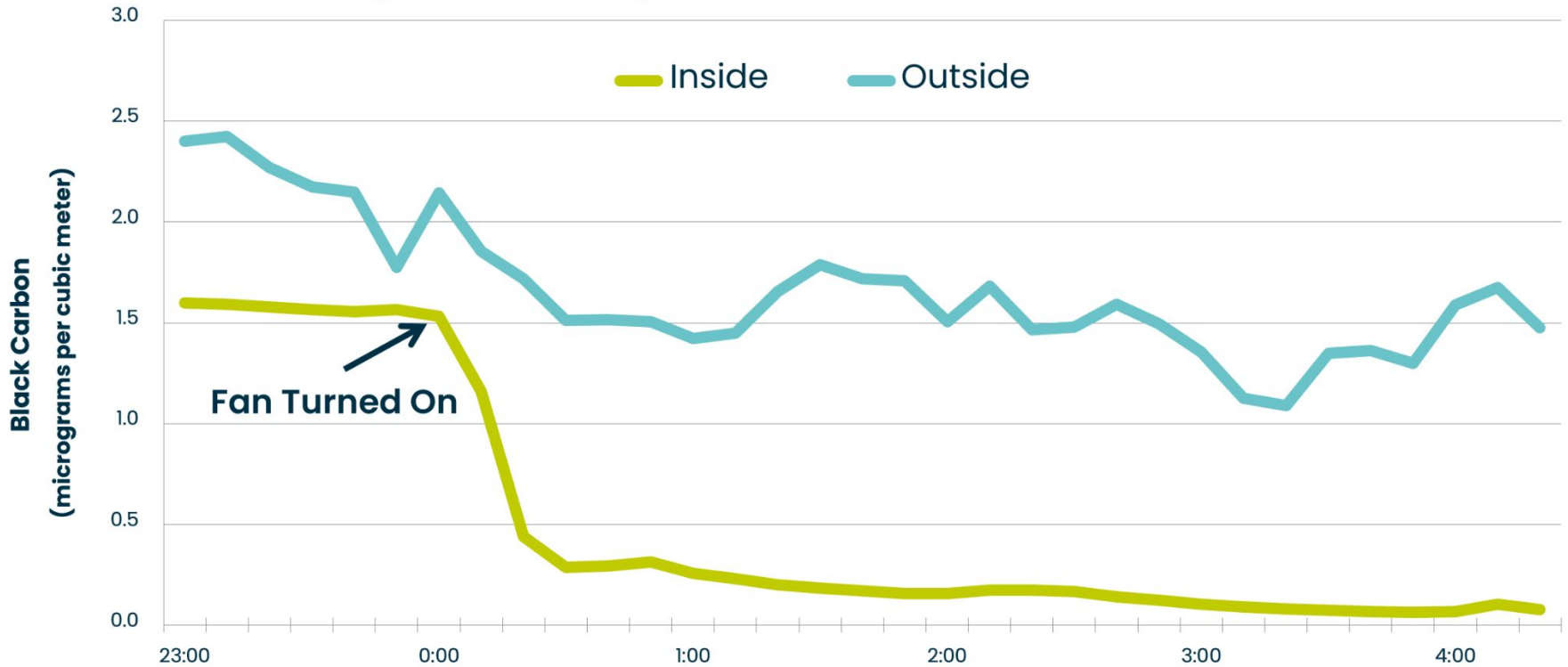


Image Source: <https://www.nytimes.com/wirecutter/reviews/best-air-purifier/>



Filter Fan Performance

Filtering black carbon during wildfire smoke event with windows and doors closed



Source: Puget Sound Clean Air Agency



You can use your air cleaner every day.

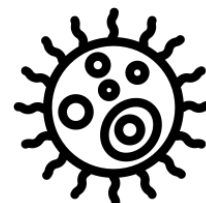
It is especially important to turn it ON if there is:



Smoke from
fires



Cleaning
dust



Airborne
virus
particles



Frying



High Pollen



Smoking



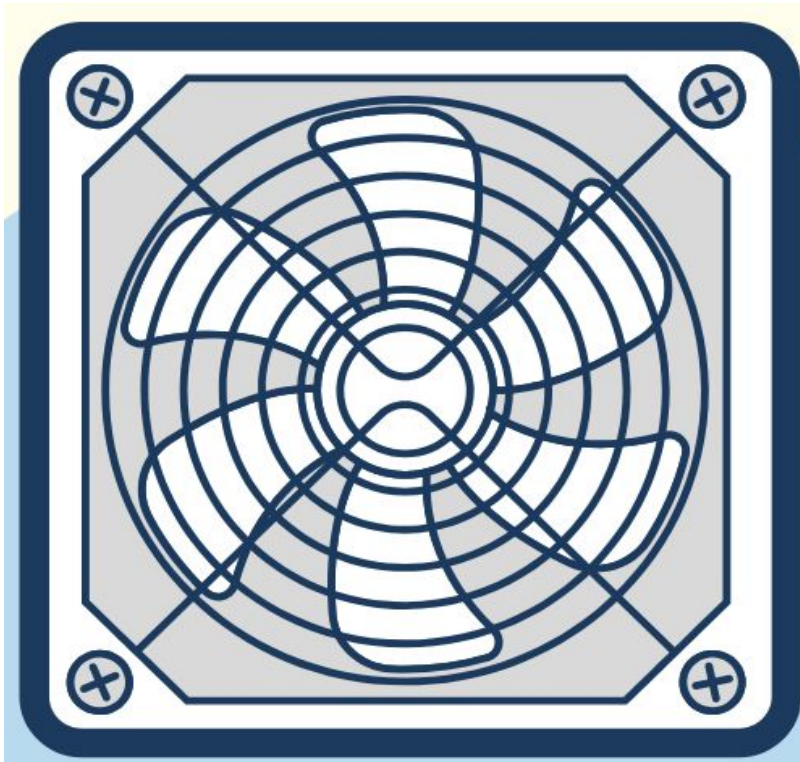
Burning wood,
candles or
incense



Idling cars
or trucks



DEMO

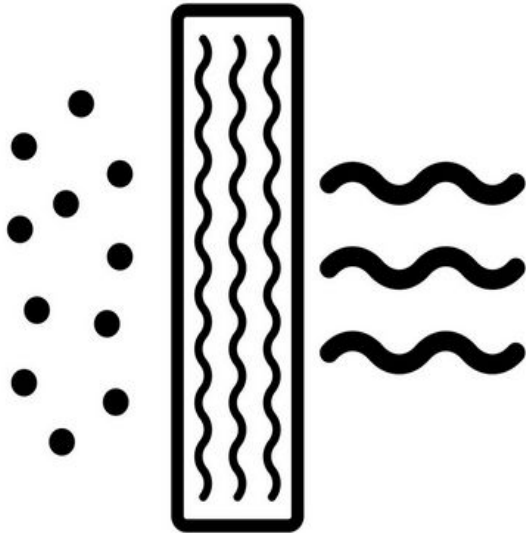


What you need:

1. Box fan (year 2012 or newer)
2. A furnace filter (20" x 20", rated MERV 13 or FPR 10 or MPR 1500-1900)
3. Tape (any kind!), bungee, or even zip ties



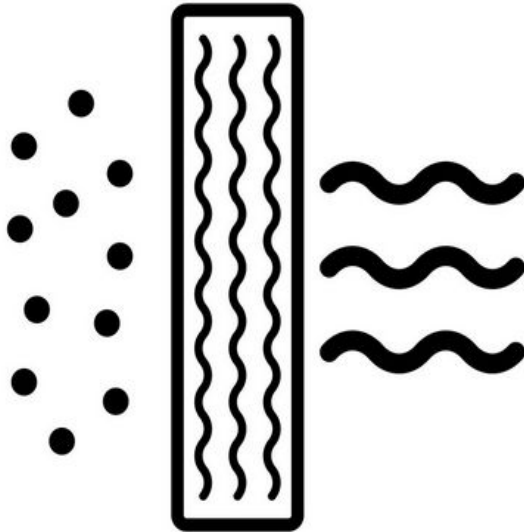
TIPS and TRICKS



- Place the unit in the room you spend the most time in
- Use in a smaller room, or make two for larger spaces
- Place inside with windows and doors closed
- Run for at least 10-15 minutes
- Place away from the wall or any object and point it towards the middle of the room




SAFETY REMINDERS



- Position the filter fan where no one will trip over it.
- For electrical safety, do not use in the bathroom or near water
- Maintain the filters, usually every 3-6 months or when they look brown/dirty.
- Lower settings may make less noise, but the highest will be the most effective and should be used during high pollution events
- Turn the fan off if unattended
- If the indoor temp is above 95 degrees, do not use this as a fan.



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1. Track air quality and fires
 2. Keep Smoke Out
 3. Use an air cleaner/air purifier



Track outdoor air quality and fires

Local air quality:

<https://oraqi.deq.state.or.us/home/map>,

or

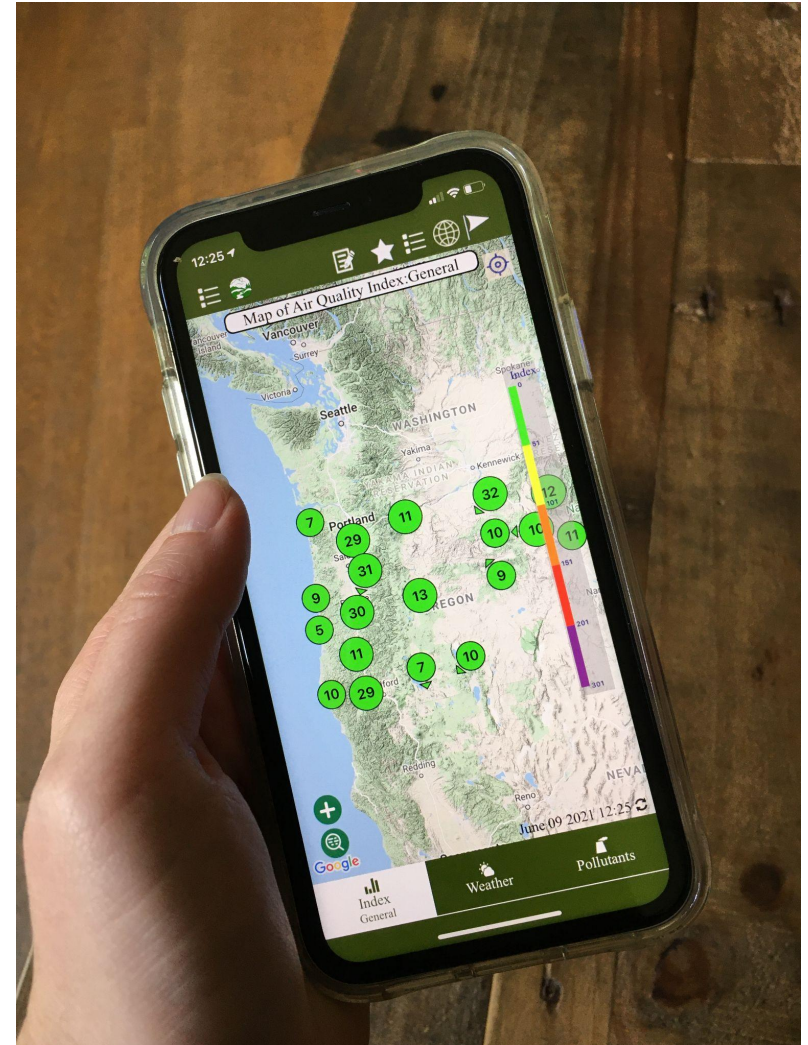
download Oregon Air App on your phone

Air and fires anywhere:

<https://fire.airnow.gov/>

Oregon Smoke Blog:

<https://oregonsmoke.blogspot.com/>



How do I get **information** about **air quality** where I live?

Each day, you can find out what the air quality is like by checking the Air Quality Index (AQI) for where you live. The AQI tells you when high levels of air pollution are predicted for the day. You can use that information to plan for safe and healthy physical activity.



Keep smoke out

1. Look for gaps in your home that might be letting in outdoor air. Have materials ready to seal those off during a big smoke event (use tape, rolled towels, or weatherization plastic)
2. Clean or replace air filters if you have AC or an air cleaner.
3. Plan for a clean air room at home to protect from wildfire smoke. Add some games and snacks to this room. This is where you will place your air cleaner.
4. Learn about masks. An “N95” respirator, properly worn, can offer some protection if properly fitted. Masks and face coverings help reduce transmission of COVID-19, but do not protect against smoke.
5. Have several day supply of medications and groceries that don’t require cooking.
6. Make a plan, in case you [need to evacuate](#) because of smoke or wildfire risk.





[//ww2.arb.ca.gov/list-carb-certified-air-cleaning-devices](http://ww2.arb.ca.gov/list-carb-certified-air-cleaning-devices)

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Summary

1. **Reduce air polluting activities (indoor & outdoor)**
2. **Check the AQI daily**
3. **Start preparing today**
4. **Purchase or build an air cleaner**

multco.us/wildfiresmoke

