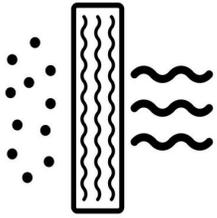# USING YOUR AIR CLEANER

Air cleaners pull in dirty air, trap tiny harmful particles, and blow out cleaner air. An air cleaner can help everyone breathe cleaner air inside and is especially helpful for babies, the elderly, pregnant people and people with asthma, allergies, or other breathing difficulties.

You can use your air cleaner every day. It is especially important to turn it ON if there is:
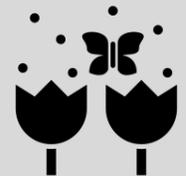
- Smoke from fires
- Frying
- Cleaning dust
- Airborne virus particles
- Burning wood, candles or incense
- High Pollen
- Idling cars or trucks
- Smoking

HELPFUL TIPS:

Using your air cleaner everyday uses less energy and electricity than most new refrigerators!

- Place the air cleaner in the room you spend the most time in, like a bedroom
- Follow the manufacturer's instructions and room size. An air cleaner won't work as well in a large room if it is designed for the size of a typical bedroom
- Place inside with windows and doors closed
- Place a few inches away from the wall or any object
- Place on a flat surface with nothing on top of the unit
- Maintain the filters, usually every 6 months or when they look brown/dirty. This will keep your air cleaner and energy bill lower.
- Lower airflow settings may make less noise, but the highest airflow setting will be the most effective and should be used during high pollution events

Babies and Air Pollution

Reducing air pollution can help protect babies and young children. Studies show that pregnant people breathing in polluted air can affect a baby's lung development and may lead to preterm birth and low birth weight. Children breathe more rapidly than adults and absorb more pollutants. Air pollution impacts brain development and can trigger asthma, and childhood cancer.

OTHER ACTIONS YOU CAN TAKE

Follow public health recommendations and check local air quality at oraqi.deq.state.or.us/home/map

- Learn more about indoor air pollution: www.epa.gov/indoor-air-quality-iaq
- Learn about air pollution and health: www.airnow.gov/air-quality-and-health/

Multnomah County
Health Department