



## 12 Ways to Improve Indoor Air Quality During Flu and Cold Season

[Indoor air quality](#) is of utmost importance, especially during flu and cold season when people spend more time indoors. Poor air quality can lead to the spread of germs, bacteria, and viruses, making it harder for people to recover from colds and flu. In this blog, we will discuss 9 ways to improve indoor air quality during flu and cold season.

### 1. Clean and disinfect regularly

Cleaning and disinfecting frequently touched surfaces such as doorknobs, light switches, and keyboards can help prevent the spread of germs and bacteria. It is also important to regularly clean [air conditioning filters](#) and [furnace filters](#) to keep the air fresh and clean.

### 2. Use an air purifier

An air purifier can help remove pollutants, allergens, and germs from the air. This can improve indoor air quality, reduce the spread of illness, and provide relief to those who suffer from allergies.

### 3. Maintain proper humidity levels

Maintaining proper humidity levels can prevent the growth of mold and bacteria, which can cause respiratory issues and exacerbate flu and cold symptoms. A humidity level between 30–50% is recommended to keep indoor air fresh and healthy.

### 4. Avoid using chemical cleaners

Chemical cleaners emit harmful chemicals and fumes into the air, which can worsen indoor air quality. Opt for natural cleaners like vinegar and baking soda instead.

#### 5. Ventilate regularly

Ventilation is key to improving indoor air quality. Opening windows and doors, or using an exhaust fan, can help to circulate fresh air and remove pollutants and allergens from the air.

#### 6. Change air filters regularly

Regularly changing air filters helps to keep the air clean and free from pollutants, allergens, and germs. It is recommended to have a HVAC filter replacement every 3 months to [keep indoor air quality](#) at its best.

#### 7. Avoid smoking indoors

Smoking indoors releases harmful chemicals into the air, which can worsen indoor air quality and put others at risk of health issues. It is best to smoke outdoors to minimize the impact on indoor air quality.

#### 8. Use natural air fresheners

Synthetic air fresheners can release chemicals into the air, which can worsen indoor air quality. Opt for natural air fresheners like essential oils, candles, or plants, which release fresh scents without harmful chemicals.

#### 9. Keep indoor plants

Plants are natural air purifiers and can help to remove pollutants and allergens from the air. Keeping a few indoor plants can improve indoor air quality and create a fresh and healthy living environment.

#### 10. Use proper ventilation in the bathroom

Bathrooms can harbor moisture and germs, making them a breeding ground for bacteria and mold. [Installing proper ventilation](#), such as an exhaust fan, can help to remove moisture and prevent the growth of harmful substance.

#### 11. Consider a UV air purification system

UV air purification systems use ultraviolet light to kill germs and bacteria, providing a highly effective method of improving indoor air quality. These systems can be especially useful during the flu and cold season to reduce the spread of illness.

#### 12. Make use of natural light

Natural light not only provides a source of Vitamin D, but it can also help to reduce mold and bacteria growth by keeping indoor spaces dry and well-lit. If possible, make use of natural light by opening curtains and blinds during the day.

In addition to these tips, it is also important to stay informed about air quality alerts and to take the necessary precautions during periods of poor air quality. You can check the local air quality index or subscribe to air quality alerts to stay informed.

Watch the video linked above for a visual representation of these tips and for more information on improving indoor air quality during flu and cold season. By following these steps and staying informed, you can help to protect yourself and your loved ones from the harmful effects of poor indoor air quality.

In conclusion, indoor air quality is a critical factor in maintaining good health, especially during flu and cold season. By following these tips and making use of the resources available, you can help to create a clean and healthy living environment for yourself and your loved ones. If you need any assistance with improving your indoor air quality, [contact TFF HVAC](#) for expert advice and services.

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