



The festive season is a time when we need to be vigilant about looking after our indoor air quality.

To become a *Win'Air* :

WIN'AIR Challenge

-  I think about *airing out* the room for 5 to 10 minutes several times a day at the right time (when there are few cars outside).
-  *To save energy* , I also remember to close the windows and limit overheating: 19°C is enough!
-  If the classroom has one, I check that the *ventilation* system is working and clean the grilles.
-  When doing *crafts* , I favour natural materials and/or certified products and increase ventilation.



The CleanAirbouw project team wishes you a

Happy holiday season !



Spring is the season of renewal and the perfect opportunity to adopt new habits to become a *Win'Air!*

WIN'AIR challenge

When doing my *spring cleaning*, I'm mindful of what I use!

-  I use *natural products* or *certified products* and avoid products with hazard symbols.
-  I prefer using products in a *bottle* rather than spray products.
-  For dust, I use a *damp cloth* and a *vacuum cleaner* (if possible), rather than a dry cloth and a broom.
-  I avoid using candles, air fresheners, or indoor fragrances, and I remember to *air out* for at least 5 to 10 minutes several times a day!



VS





Sun, holidays, heat... and indoor air quality! This summer, I'm taking on the challenge: I'm protecting my health and becoming a *Win'Air*!

WIN'AIR
challenge



I remember to *air out* early in the morning and late in the evening to let in the cool air and breathe better.



I *close* the windows (and shutters, if possible, when the sun is shining directly on them) during the hottest hours and when the outdoor air quality is poor.



I make sure the vents of my *ventilation* system and the air intakes of my windows (if I have them) are clean.



I avoid using *chemical cleaning products*, air fresheners, and scented candles that can react with high temperatures.

And I remember to drink water all day long, even if I'm not thirsty!

