

# CLEAN AIR

## To improve your health

The viruses that cause COVID-19 and the flu spread much easier in crowded rooms with poor air flow.

Ventilation and filtration suck up and trap viruses that make us sick. They also help get rid of other things in the air that make it harder to breathe, like dust, mold, pet dander, and even smoke!

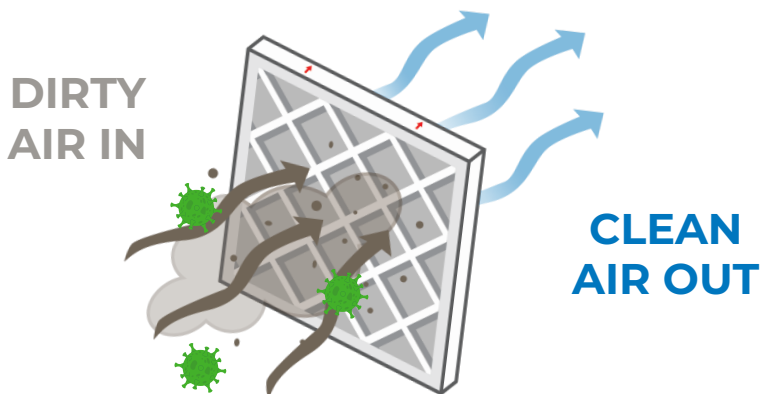
## VENTILATION

- Ventilation **moves air** into, out of, or within a room.
- Bringing in new air **replaces** air that may have had viruses or other harmful particles and reduces unsafe air in a space.



## FILTRATION

- Filtration **traps and removes** things like dust, allergens, and virus particles that are in the air you breathe.



## What is a Corsi-Rosenthal (CR) box?

A CR Box is made of everyday items found in hardware stores. It's easy to make, affordable, and freshens up indoor air.

Experts on indoor air quality invented this box so many people could have clean, healthy air in shared spaces.



This little box can have a **big impact** on your health!

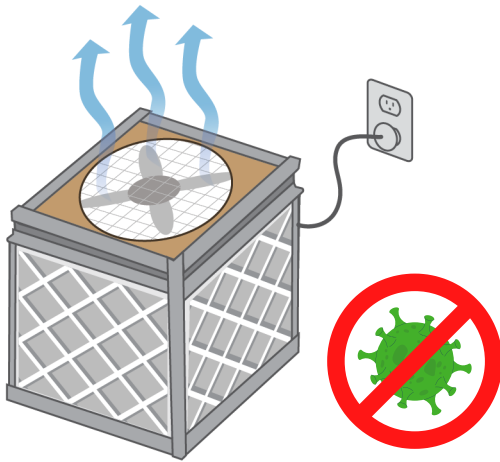
CR Boxes are more affordable than expensive HEPA filters, so they can **clean more air** for more people.

For more information on how to build a box yourself, check out this guide:



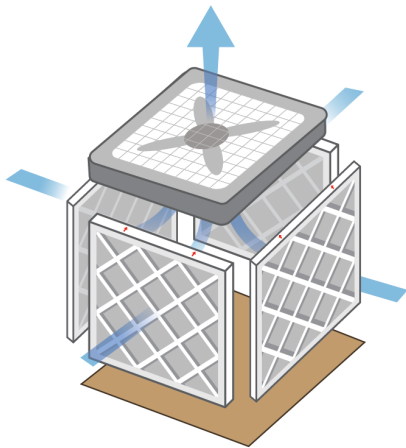
[bit.ly/howtocrbox](https://bit.ly/howtocrbox)

# CR Boxes: a low cost way to improve air quality



- Studies have shown it works to lower the amount of virus in rooms.
- Perform as well as most HEPA filters and air purifiers but cost much less.
- Combine use of CR Box with other protections like masks, distancing and vaccination to reduce the spread of viruses.

## The CR Box works by combining a fan with a filter



- The CR Box uses commonly available items: a box fan and air filters.
- The filters are powerful MERV 13 (or equivalent) that trap very fine particles such as viruses people breathe out.
- MERV 13 air filters are the highest-rated air filters for homes and other indoor spaces.

## Replace the filters every 6-9 months

The box fan can be used to make a new CR Box, but the filters need to be replaced every 6-9 months or when obviously dirty.

### When it's time to replace the filters:

- Let them sit with the fan off for 2 days.
- Carefully cut off the duct tape.
- Place the filters in a large trash bag without crushing or bending the filters. Be sure not to shake off any dust caught in the filter.
- Close up the trash bag. Wipe down the fan with a wet paper towel or baby wipe before reusing.