

# The Lesson Plan for Healthy Homes in **4 EASY TIPS**

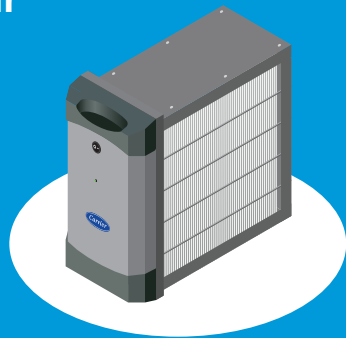
As families consider hybrid and alternative school schedules during the COVID-19 pandemic, time at home is only increasing. This school year, it's more important than ever to help create a healthier home and involve children in learning more about safety and their environment.



# 1

## Clean the air your family breathes

Concentrations of air pollutants are up to **5X HIGHER INDOORS<sup>a</sup>**



Consider a Carrier® Infinity® Air Purifier. It captures and kills

**99% OF SELECT VIRUSES AND BACTERIA** from filtered air\*

**CHANGE AIR FILTERS** on a frequent basis

# 2

## Install alarms for smoke and carbon monoxide, “the silent killer,” on every floor

Alarms alert you – loudly and quickly – in the event of a life-threatening situation

In the U.S., accidental carbon monoxide poisoning sends approximately **50,000 PEOPLE** to the emergency department each year<sup>b</sup>



Install alarms with a **10-YEAR BATTERY** for less hassle



# 3

## Round up matches and lighters

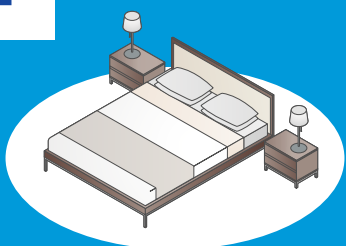
Playing with fire causes an average of nearly **50,000 FIRES ANNUALLY** with **76%** of home fires in the U.S. are attributed to kids under age 9<sup>c</sup>

**KEEP FIRE EXTINGUISHERS HANDY** with at least one on every floor of the home



# 4

## Create a restful – and healthier – bedroom



**1/3 OF YOUR LIFE** is spent in the bedroom<sup>a</sup>

**TARGET A ROOM TEMPERATURE OF 65-70 F** and use a white noise device for uninterrupted sleep

## HEALTHY HOMES

To learn more about how Carrier can enable safer, healthier homes, visit [corporate.carrier.com/healthyhomes](https://corporate.carrier.com/healthyhomes)

<sup>a</sup>Harvard T.H. Chan School of Public Health Homes for Health: 36 Expert Tips to Make Your Home a Healthier Home report; <sup>b</sup>Centers for Disease Control and Prevention; <sup>c</sup>National Fire Prevention Association

\*Based on third-party testing (2012, 2007) showing >99% inactivation rate for common cold surrogate, Streptococcus pyogenes and human influenza. Not tested for the novel coronavirus (SARSCoV-2) that causes COVID-19.