Air Quality Management Strategies for Student Rooms

What is good Indoor Air Quality (IAQ)?
A good indoor air environment includes comfortable temperature and humidity, adequate supply of fresh outdoor air, and control of pollutants from inside and outside of the building.

Why may I have Indoor Air Quality issues?
- High humidity from small room sizes and multiple occupants' body heat and respiration has been shown to decrease occupant satisfaction with air quality.
- Allergen exposures in a new geographic region, dust mites and other pests, pet dander and hair carried in on-body or soft surface, etc. may trigger or increase individual symptoms.
- Research also shows lighting, furniture crowding, stress, feelings about the physical aspects of the environment, noise and vibration may contribute to the perception of poor IAQ.

When do I act to maintain or improve IAQ?
- Frequently and briefly open doors and windows to mix outside and room air. (Buildings with unopenable windows have ventilation systems that provide filtered supply air.)
- Invite visitors from dorm room to common or outside spaces for social or study time.
- Regularly clean room by dusting surfaces, vacuuming carpets and other housekeeping tasks.
- Consistently wash, dry, and appropriately store clothes, towels, bedding, and pillows.
- Promptly clean up spills that attract pests and empty room trash bins as needed.
- Avoid fish tanks, plants, humidifiers, and diffusers, which all can contribute to higher humidity/moisture levels.
- When in your room during the heating season, open curtains, and blinds during the day to allow the sun to warm the room naturally and prevent air from being trapped against the window. Close them at night to decrease drafts. During the cooling season, do the reverse.
- Run a fan to help circulate air.

How can I set up my room to promote IAQ?
- Minimize soft surfaces (carpets, couches, bedding, etc.) that collect dust in the room.
- Space out essential furniture and place away from exterior walls to promote air circulation.
- Use tile, glass, metal, and other materials to discourage microbial growth and pests.
- Add a personal particulate air cleaner with HEPA/HEPA-like filter to help remove allergens but avoid ozone generating or ionization air cleaners and follow manufacturer instructions.
- Refrain from using air fresheners because they trigger asthma and allergy symptoms.

How can I control moisture in my room?
- Take wet clothing or towels to a laundry room to be washed/dried ASAP to reduce moisture.
- Avoid fish tanks, plants, humidifiers, and diffusers, which all can contribute to higher humidity/moisture levels in your room.
- When in your room during the heating season, open curtains, and blinds during the day to allow the sun to warm the room naturally and prevent air from being trapped against the window. Close them at night to decrease drafts. During the cooling season, do the reverse.
- Run a fan to help circulate air.

Where do I report an IAQ issue?
How do I request a repair?
- To report an issue in your room/suite, you may enter your request online at the link https://workrequest.uwsp.edu/reslife/home.html You will get a notification for acceptance and completion of your work order.
- You can also go to your **RA**, or go to your **hall's front desk** and inform the desk worker of the problem. They will ask you some questions required for the completion of the work order request.