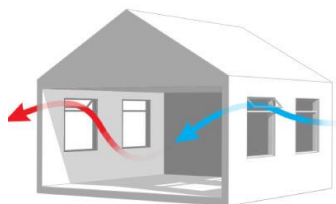




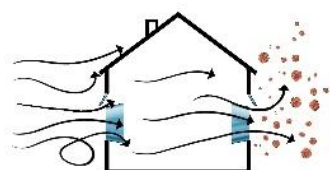
Ventilation of indoor spaces to stop the spread of coronavirus (COVID-19)

April 2021

What ventilation is and why it is important



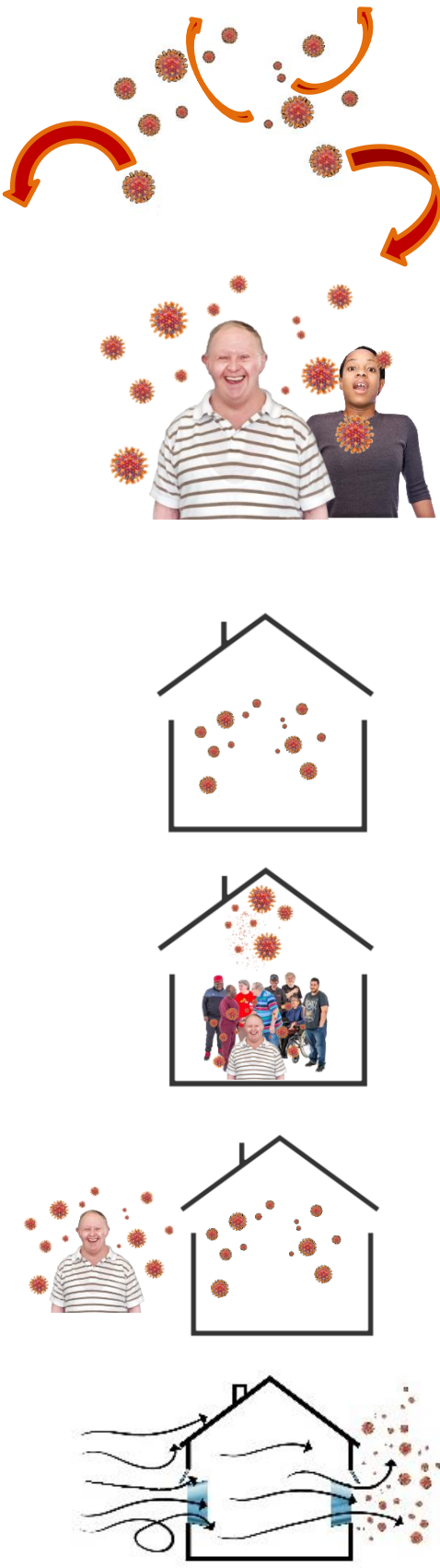
Ventilation is letting fresh air into indoor spaces and getting old stale air out.

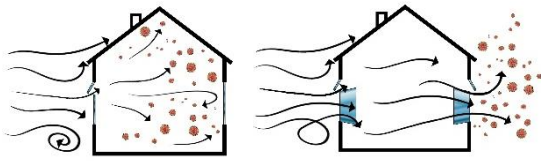


Letting fresh air in helps get rid of air that has coronavirus in and helps stop coronavirus spreading.



When someone with coronavirus breathes, speaks, coughs or sneezes, they spray drops into the air.

	<p>Big drops fall to the ground, small drops and spray containing coronavirus can stay floating in the air.</p> <p>If someone breathes in drops and spray floating in the air, they can catch coronavirus.</p> <p>If you don't let fresh air into a room, more and more virus can stay floating in the air.</p> <p>This means there is more chance coronavirus will spread, especially if there are people who have coronavirus in the room.</p> <p>Coronavirus can stay floating in the air even after the person who has coronavirus has left.</p> <p>Bringing fresh air into a room and letting old stale air out cuts back the chances of spreading coronavirus.</p>
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The **more fresh air** that is brought inside, **the quicker** any coronavirus floating in the air will be removed.



Letting fresh air in is most important if someone who lives in your house has coronavirus or if you are indoors with people you do not live with.



Letting fresh air in also helps some people sleep better and can stop you getting sick and having to stay off school or work.



Letting fresh air in is only one of the things you should do to stop coronavirus spreading.



It is still important that everybody follows the guidance on [how to stop the spread of coronavirus](#) all of the time.



Some people have coronavirus but never get poorly. Remember you can still spread coronavirus even if you never get poorly or only get a little bit poorly.

Cut back the amount of time you spend indoors with people you do not live with



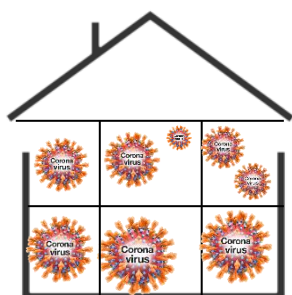
It is important to understand and follow the rules on meeting others.







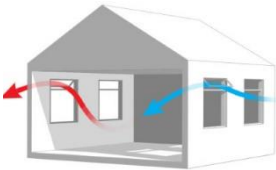

Try to spend **as little time as possible indoors** with people you do not live or share a support bubble with.










Try not to meet people in spaces that do not get aired for example rooms that have windows that are never opened.



Spending time in small rooms is more risky as the amount of coronavirus can build up more quickly than in big rooms.

What you can do to get more fresh air in your home	
  	<p>This depends on the building you live in. Some buildings get air in naturally by vents, windows, and chimneys.</p> <p>Some buildings use things like extractor fans to get fresh air in. This is mechanical ventilation.</p> <p>Some buildings use a mixture of both.</p>
Getting fresh air in and old air out of your home (ventilation)	
  	<p>Opening windows and doors is the easiest way for most people to let fresh air in to their home.</p> <p>Opening windows at the front and the back of your house is a good way of changing the air.</p> <p>If it is safe, try to keep windows open during the day. This is a good way of letting fresh air in all day long without getting too cold.</p>

    	<p>Windows that have openings at the top and the bottom (such as sash windows).</p> <p>Using just the top opening helps stop cold drafts as the fresh air that comes in warms up as it mixes with the room air.</p> <p>In warm weather open the window at the top and the bottom to let even more fresh air in.</p> <p>Grilles and trickle vents (small openings usually on the top of a window).</p> <p>Make sure these are open and not blocked.</p>
<p>If someone is staying at home and away from other people</p>	
 	<p>Keep a window in their room open a little bit.</p> <p>Keep the door to their room closed to help stop air that has coronavirus in spreading to other parts of the house.</p>



If the person needs to use shared spaces such as the kitchen, make sure to freshen the air by opening windows wide.



Do this while they are in the room and for a short time after they have gone.



If you are reading this online you can find more [advice about what to do if someone living in your house has coronavirus or has been told they might have coronavirus.](#)

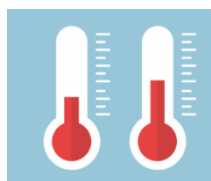
If someone (who is allowed to in the rules) is working in or visiting your home



If someone is working in or visiting your home let as much fresh air into your home as possible without getting too cold:

- while they are there
- for a short time before they arrive
- after they have left

Keep warm



Letting fresh air into your home does not mean you have to be cold.





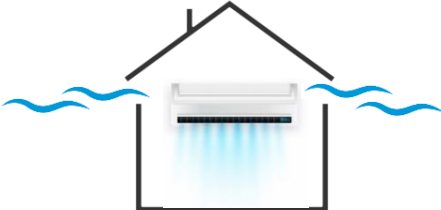
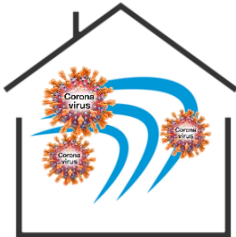
The room you are in should be **at least 18C**.

Spending time in a room any colder than this can make you poorly, especially if you are over 65 or have a long term health condition.

When it is cold outside opening the windows just a little bit can still help keep the air in your home fresh.

If you are reading this online you can [find advice about how to keep warm and well](#).

If you are finding it hard to heat your home you might be able to get practical help or help with money even if you do not own where you live.

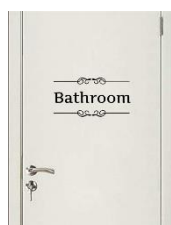
 <p>Simple Energy Advice GOVERNMENT ENDORSED ADVICE</p>  	<p>The Simple Energy Advice website has advice and information about what help is available.</p> <p>You can also call their helpline on 0800 444 202.</p> <p>Ofgem has information and advice about what to do if you are struggling to pay your gas or electric bills because of the coronavirus pandemic.</p>
<h2>Mechanical ventilation in the home</h2>	
  	<p>If your home gets fresh air through air conditioning make sure this is working and looked after properly.</p> <p>Make sure it is set to bring fresh air in and not just move indoor air around.</p> <p>If the air in your home is just moved around any coronavirus in the air will not get out.</p>



If possible use the boost setting to get more fresh air into your home.

This is especially important if:

- someone who lives in your house is staying at home because they have coronavirus
- you meet people you do not live with indoors



You can also get more fresh air into your house by leaving extractor fans in bathrooms, toilets and kitchen areas running for longer than usual, with the door closed, after someone has been in the room.

Ventilation in the workplace



If you are going into a workplace your boss should make sure it is safe for everyone to work in.

Your boss should give you guidance about how to get fresh air into your workplace and why this is important.


Ventilation in cars, taxis vans and buses



Travelling in vehicles like cars, taxis trains and buses can be high risk for spreading coronavirus.

If you must travel in a vehicle, open the windows to let fresh air in.

It is important you understand and follow the [rules and guidance about travelling](#).

 A collage of four images. The top left shows a man in a brown jacket walking a small dog. The top right shows a man in a red jacket riding a bicycle. The bottom left shows a woman with long dark hair looking thoughtful, with a green sign behind her that says 'Guidance' and has a white arrow pointing right. The bottom right shows a laptop screen with the word 'click' in blue and a hand cursor icon pointing at it.	<p>If you need to travel, walk or cycle if you can.</p> <p>There is more <u>guidance about safer travel available</u>.</p>
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The pictures in this summary are from Photosymbols:

<https://www.photosymbols.com/>

https://en.wikipedia.org/wiki/Sash_window

<https://www.safetyfirstaid.co.uk/images/products/large/A731.jpg>