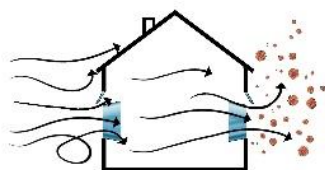
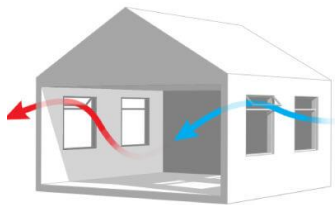




Ventilation of indoor spaces to stop the spread of coronavirus (COVID-19)

September 2021

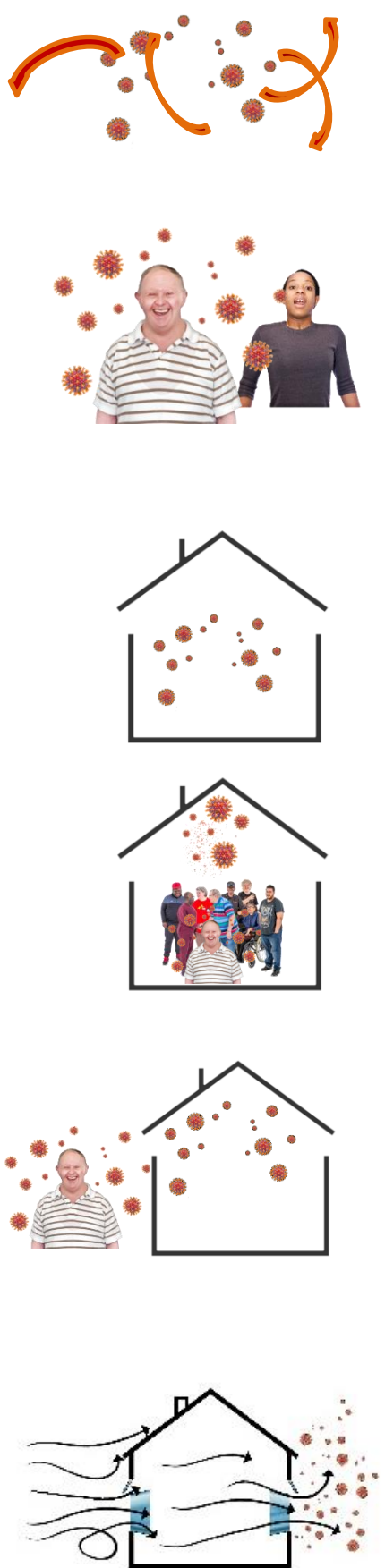
What ventilation is and why it is important

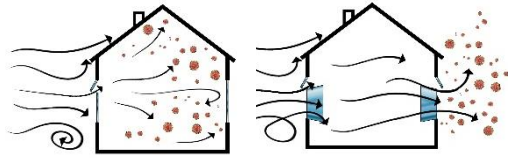


Ventilation is letting fresh air into indoor spaces and getting old stale air out.

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 small drops (droplets) into the air.

	<p>Some droplets fall to the ground, but some droplets containing coronavirus can stay floating in the air.</p> <p>If someone breathes in the droplets 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.



You can give coronavirus to others even if you only feel a bit poorly or never feel poorly at all.



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



Letting fresh air in does not stop coronavirus from spreading when you are close to someone, and there are other things you can do to stop coronavirus spreading.



There is more information available about [staying safe and stopping the spread of coronavirus](#).

Spend as little time as possible indoors with people you do not live with



To cut back the risk of catching coronavirus or giving it to others, try to spend **as little time as possible indoors** with people you do not live with.



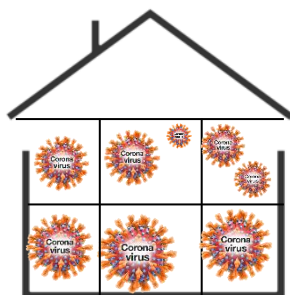
Meet outside if you can.




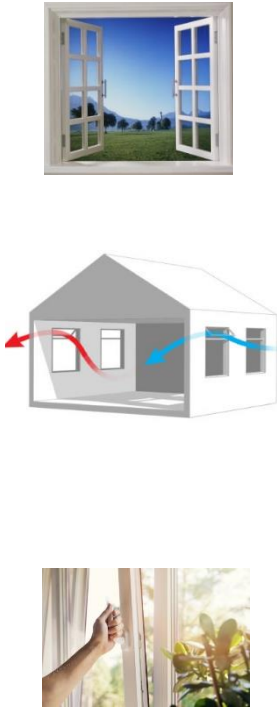
If you meet indoors make sure the space gets lots of fresh air.



Try not to meet people in spaces that do not get aired, for example rooms that have windows that can't be 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>The first image shows a white-framed window with both panes open. The second image is a square, silver extractor fan with a circular grille. The third image is a diagram showing blue arrows representing air flow: one arrow goes from a window into a room, another goes from a ceiling vent into a room, and a third goes from a room down to a floor fan.</p>	<p>Getting more fresh air into your home 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>The first image shows a window with a view of a green landscape under a blue sky. The second image is a 3D cutaway diagram of a house with red arrows showing air entering from the front and blue arrows showing air exiting from the back. The third image shows a person's hand pulling open a window blind.</p>	<p>Opening windows and doors is the easiest way for most people to let fresh air into 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 and you are not feeling too cold, try to keep windows open during the day even just a little bit. This is a good way of letting fresh air in all day long.</p>



If you have windows that have openings at the top and the bottom (such as sash windows):

- 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
- in warm weather open the window at the top and the bottom to let even more fresh air in

If you have grilles and trickle vents (small openings usually on the top of a window):

- make sure these are open and not blocked.

If someone is staying at home and away from other people



If someone has to stay at home because they have coronavirus or have been told to stay at home by NHS Test and Trace, keep a window in their room open a little bit.



Keep the door to their room closed to help stop air that has coronavirus in spreading to other parts of the house.



If the person needs to use shared spaces such as the kitchen, keep the air fresh by opening the 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.](#)

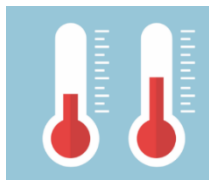
If someone is working in or visiting your home



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
- for a short time 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.



Simple Energy Advice
GOVERNMENT ENDORSED ADVICE



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.](#)

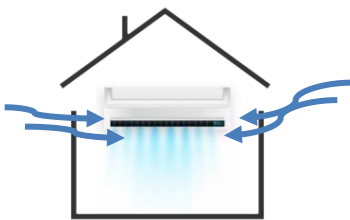
If you are finding it hard to heat your home, you might be able to get help with how to do this, or help with money even if you do not own where you live.

The [Simple Energy Advice website](#) has advice and information about what help is available.

You can also call their helpline on **0800 444 202.**

Ofgem has [information and advice about what to do if you are struggling to pay your gas or electric bills.](#)

Mechanical ventilation in the home



If your home gets fresh air through mechanical ventilation make sure this is working and looked after properly.


Make sure it is set to bring fresh air in and not just move indoor air around.

If the air in your home is just moved around, any coronavirus in the air will not get out.

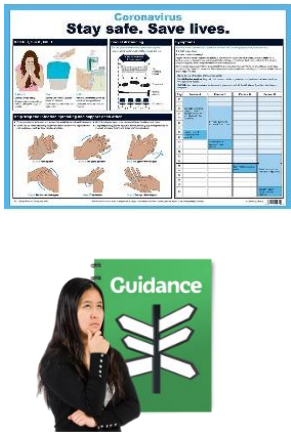
If possible, use the boost setting to get more fresh air into your home.

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

	<p>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.</p>
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Ventilation in the workplace

	<p>If you are going into a workplace your boss should make sure it is safe for everyone to work in.</p> <p>Your boss should give you guidance about how to get fresh air into your workplace and why this is important.</p>
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Ventilation in vehicles

	<p>Travelling in vehicles like cars, vans and buses can be high risk for spreading coronavirus.</p> <p>If you must travel in a vehicle, open the windows to let fresh air in.</p>
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Ventilation of indoor spaces to stop the spread of coronavirus (COVID-19)

	<p>If you need to travel, think about walking or cycling if you can.</p> <p>There is more guidance about safer travel available.</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>