Preventing Covid-19 Improving Home Ventilation

Below are ways you can improve ventilation in your home. Use as many ways as you can (open windows, use air filters, and turn on fans) to help clear out virus particles in your home faster. Improved ventilation reduces the amount of Covid-19 particles, other viruses and other pollutants in your home.
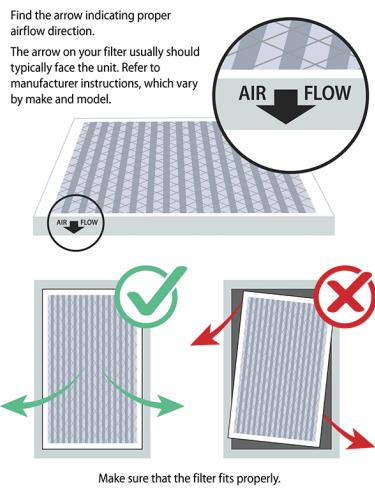
BRING AS MUCH FRESH AIR INTO YOUR HOME AS POSSIBLE

Bringing fresh, outdoor air into your home helps keep virus particles from building up inside.

- If it's safe to do so, open doors and windows as much as you can to bring in fresh, outdoor air. While it's better to open them wide, even having a window cracked open slightly can help.
- If you can, open multiple doors and windows to allow more fresh air to move inside.
- Do not open windows and doors if doing so is unsafe for you or others (for example, presence of young children and pets, risk of falling, triggering asthma symptoms, high levels of outdoor pollution).

If opening windows or doors is unsafe, consider other approaches for reducing virus particles in the air, such as using air filtration and bathroom and stove exhaust fans.

Find the arrow indicating proper airflow direction.

The arrow on your filter usually should typically face the unit. Refer to manufacturer instructions, which vary by make and model.

AIR FLOW

AIR FLOW

Make sure that the filter fits properly.

FILTER THE AIR IN YOUR HOME

- If your furnace fan is controlled by a thermostat, set the fan to the On position instead of Auto. This allows the fan to run continuously, even if heating is not on.
- Use pleated filters as they are more efficient than ordinary furnace filters and can be found in hardware stores.
  - Make sure the filter fits properly in the unit.
  - Change your filter every three months or according to the manufacturer's instructions.
- Ideally, have the heating system inspected and adjusted by a professional every year to make sure it is operating efficiently.
- If your furnace has a Heat Recovery Ventilator, you should run it continuously, as that will increase the fresh air in your home.

USE FANS

- Exhaust fans above your stovetop and in your bathroom that vent outdoors can help move air outside. Although some stove exhaust fans don't send the air to the outside, they can still improve air flow and keep virus particles from being concentrated in one place.
- Use fans to improve air flow.
    - Place a portable fan as close as possible to an open window blowing outside. This helps get rid of virus particles in your home by blowing air outside. Even without an open window, fans can improve air flow. Consider using a window exhaust fan if you have one. Be sure it is placed safely and securely in the window.
    - Point fans away from people. Pointing fans toward people can possibly cause contaminated air to flow directly at them.
    - Don't leave fans unattended with young children.
    - Use ceiling fans to help improve air flow in the home whether or not windows are open.

CONSIDER USING A PORTABLE AIR CLEANER

- If you don't have a central heating system or just want extra filtration, consider using a portable high-efficiency particulate air (HEPA) cleaner. They are the most efficient filters on the market for trapping particles that people exhale when breathing, talking, singing, coughing, and sneezing.
- When choosing a HEPA cleaner, select one that is the right size for the room(s). One way to do this is to select a HEPA fan system with a Clean Air Delivery Rate (CADR) that meets or exceeds the square footage of the room in which it will be used. The larger the CADR, the faster it will clean the air.
- The cleaner should be run continuously and positioned:
    - To allow unrestricted air flow;
    - To avoid blowing directly at or between people in the room; and,
    - To ensure the device's air intake is unobstructed by furniture or walls.
- Remember to follow the manufacturers directions on operation and maintenance.

For more information contact FHQ-Health Services at 306-332-8241