

COVID-19 Information and Checklist for Improving Indoor Air Quality With Ventilation

Protecting Against COVID-19

Bringing fresh outdoor air into homes and businesses helps reduce the concentration of airborne contaminants, including viruses. When combined with prevention strategies like social distancing, mask-wearing, surface cleaning, and hand-washing, proper ventilation is an important tool to prevent the spread of COVID-19.

Home Ventilation Tips

The best ventilation always exists outdoors, but there are also steps that can be taken to help improve indoor air quality in residences. Keep in mind that circulating air from the outdoors should be avoided on days when outdoor air pollution is high, or when it makes your home too cold, hot, or humid.



Open the windows – allow fresh air into your residence by opening windows or screened doors, if safe and possible. To prevent falls or injuries, or if you have young children in the home, make sure screens are present and secure for any open windows. For maximum ventilation:

- Open windows or doors at opposite sides of the residence, keeping all internal doors open.
- Open the highest and lowest windows in a home at the same time, especially if on different floors of the residence.
- For double-hung windows (the most common type), open the top portion of the top window and the bottom of the bottom window.



Help circulate the air – air is circulated when you force the indoor air outside, and bring the fresh outdoor air into your home. You can do this by:

- Using a window air conditioner that has an outdoor air intake or vent, with the vent open.
- Placing a portable box or tower fan at the door or window. Fans can face toward the window or door (blowing air outside) or away from the window or door (pulling fresh air into the room). For additional ventilation, multiple fans can be used, pushing air out of one window and drawing it in from another.

- Running a bathroom fan when the bathroom is in use, or continuously, if possible.
- Turning on the kitchen exhaust or range hood fan when possible.

It is not common for homes to have HVAC (heating, ventilation, and air conditioning) systems with an outside air intake, heat recovery ventilator (HRV) or energy recovery ventilator (ERV). However, if your home has them, consult your system manual or work with a HVAC professional to open the outside air intake of the HVAC system or operate the HRV or ERV.



Make sure the air filter has been changed – ventilation is most beneficial when air has also been filtered, removing allergens, dust, bacteria, and more. Check your home’s HVAC system, or with your landlord, to be sure that a correctly sized filter has been used and changed regularly according to the manufacturer’s specifications.



Consider using a portable air purifier – if you have one, a portable air purifier can help reduce airborne contaminants, including viruses, in a confined space. The purifier should be placed in the room in which you spend the most time, or where vulnerable members of your household spend the most time. Place the air purifier away from furniture or other objects, as close to the center of the room as possible..

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U.S. Environmental Protection Agency (EPA) Links and Resources

- [EPA: How can I increase ventilation at my Home to help protect my family from COVID-19?](#)
- [EPA: Ventilation and Coronavirus \(COVID-19\)](#)
- [EPA: Indoor Air in Homes and Coronavirus \(COVID-19\)](#)
- [EPA: Improving Indoor Air Quality](#)
- [EPA: Frequent Questions about Indoor Air and Coronavirus \(COVID-19\)](#)

For more information on COVID-19, please visit coronavirus.ohio.gov

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

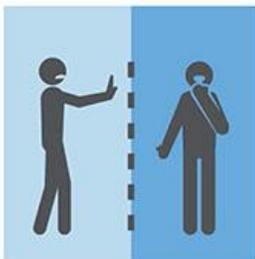
For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME EXCEPT FOR WORK AND OTHER NEEDS



WEAR A FACE COVERING WHEN GOING OUT



PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET FROM OTHERS



SHOP AT NON-PEAK HOURS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



DON'T WORK WHEN SICK



CALL BEFORE VISITING YOUR DOCTOR