A NEW PUBLIC INFORMATION CAMPAIGN IS STARTING TODAY TO HIGHLIGHT HOW LETTING FRESH AIR INTO INDOOR SPACES CAN REDUCE THE RISK OF INFECTION FROM CORONAVIRUS BY OVER 70%.

As we spend more time indoors over winter, GPs, public health people and the Leeds Uni Professor of Environmental Engineering for Buildings https://eps.leeds.ac.uk/civil-engineering/staff/169/professor-catherine-noakes are recommending that people either:

- open windows for short, sharp bursts of 10 to 15 minutes regularly throughout the day
- leave windows open a small amount continuously

This is to remove any infected particles lingering in the room.

Additionally, it is advised that any household systems that use outdoor air, including kitchen or bathroom extractor fans, are used correctly and regularly as an additional method to remove infected particles.

Airing indoor spaces is particularly important when:

- people have visitors (when permitted) or tradespeople in their home, for example for construction or emergencies
- someone from a support bubble is meeting with another household indoors
- a care worker is seeing a patient indoors
- someone in the household has the virus, as this can help prevent transmission to other household members

Coronavirus is spread through the air by droplets and smaller particles (known as aerosols) that are exhaled from the nose and mouth of an infected person as they breathe, speak or cough. They behave in a similar way to smoke but are invisible. The majority of virus transmissions happen indoors. Being indoors, with no fresh air, the particles can remain suspended in the air for hours and build up over time.

The longer people spend in the same room as these particles, the more likely they are to become infected.

https://www.gov.uk/government/publications/emg-role-of-ventilation-in-controlling-sars-cov-2-transmission-30-september-2020