



Good ventilation protects you from COVID-19 infection

The virus that causes COVID-19 spreads easily in indoor and poorly ventilated settings. Ventilation means bringing fresh outdoor air inside and letting indoor air outside.

Good ventilation



Open a window!

Better ventilation



Open windows/doors on opposite sides of the room to create a cross breeze.

Better ventilation with one window



Place a pedestal fan in front of the window, facing the outside.

When it's too hot/cold to leave windows open



Open windows for a few minutes each hour to bring in fresh air.

When using a fan



Always open windows and doors when using a fan. Running a fan in a closed space can increase the spread of the virus.

When using an air conditioner (wall/window)



Open windows for a few minutes every hour. Most wall and window air conditioners increase the spread of the virus by recirculating indoor air.

When using centralized air conditioning



Use settings that increase the amount of outdoor air pulled into the system. Make sure the system is regularly inspected, maintained, and cleaned.

When using an air filter



Air filters do not replace ventilation, but they can help reduce the possibility of transmission. Continue to open windows for a few minutes every hour to bring in fresh air.

When using air conditioning in a vehicle



Use the setting that brings in fresh air. Settings that circulate the inside air can increase the spread of the virus.

In public spaces



When you are in a public space where you cannot open a window and you do not know if the space is well ventilated, spend as little time in the space as possible, maintain a physical distance of at least 1 metre from others, wear a mask, clean hands frequently, and get vaccinated as soon as it is your turn.

