Ventilation helps protect against the spread of COVID-19

Ventilation moves air into and out of your home.

How COVID-19 spreads

Someone infected with COVID-19 can release infectious particles into the air when they:

Breathe	Talk	Sing	Shout	Cough	Sneeze

You can get infected if you inhale enough of these infectious particles.

How ventilation helps protect against the spread of COVID-19

Ventilation helps to reduce the levels of infectious particles in the air. This is especially important when you're with people from outside your immediate household.

Ways to improve ventilation and air filtration in your home

Open windows and doors regularly to create a cross-breeze of fresh air.
Even if it's cold or wet outside, opening your window for a few minutes at a time will help.

Use a heating, ventilation and air conditioning (HVAC) system.

Run heat or energy recovery ventilators continuously.

Run kitchen or bathroom exhaust fans continuously.
Open a window to provide clean replacement air and to avoid circulating unwanted air contaminants produced by indoor sources.

Use a portable air purifier with a high-efficiency particulate air (HEPA) filter.

Remember to do routine maintenance on mechanical systems. Keep the vents and fans clear, and change the filters when recommended. If possible, run the HVAC system fan continuously. This will increase the amount of clean air and reduce infectious particles indoors.
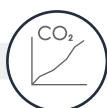
Signs a space may be poorly ventilated

Stuffiness	Persistent odours	No mechanical ventilation or air filtration	Closed windows and doors	High humidity	Mould

Ventilation is a key way to help prevent the spread of COVID-19. It may also help prevent the spread of other illnesses. Combine ventilation with other important public health measures to keep you and others protected against COVID-19.

For more information: 📞 1-833-784-4397   @ Canada.ca/coronavirus