Reducing the Spread of COVID-19 Indoors

Good indoor ventilation can help reduce the spread of COVID-19

Sept. 2021

California Consortium for Urban Indian Health
Reducing the Spread of COVID-19 Indoors

OPEN DOORS AND WINDOWS

Increase fresh outdoor air by opening windows and doors when weather and air quality conditions allow.

TURN ON FANS

Use fans to increase the effectiveness of open windows. Position fans securely and carefully in or near windows and **orient them so that air does not blow from one person to another.**

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**RUN HEATING OR AIR CONDITIONING**

If you have a heating and air system, keep it running at full capacity as often as possible. Set the system's fan to **ON instead of AUTO** to continuously circulate air through its filters.

Install high-quality air filters, **MERV 13 or greater** are best if your system can handle it. Also, keep up with routine maintenance.

**USE PORTABLE AIR CLEANERS**

Use portable air cleaners to **improve air filtration** inside your home. Choose a cleaner that is the right size for your space, and **multiple purifiers as needed** for a large space. **Place the air cleaner toward the center of your space**, close to where people gather.

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Use These Tips Along With Other Protections

Ventilation and other indoor air quality improvements are an addition to, and not a replacement for recommended protections:

Wearing a face covering

Maintaining six feet of distance between people

Limiting activities that bring together people from different households

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