

# Ventilation

Reduce the spread of COVID-19—bring fresh air into your room

In this room, fresh air comes from... **windows and doors**



## What you can do

- ✓ **Open windows and doors**
- ✓ If possible, open two windows, or a window and a door.  
This helps **air flow** across the room
- ✓ If the weather is too cold or too hot,  
open windows for **just 10 minutes every hour**
- ✓ When you leave this room, leave the windows open
- ! **But if you have COVID-19, shut your bedroom door**