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COVID-19: Ventilation

Ashley Francis

Wayne State University School Of Medicine, gb1973@wayne.edu

Alicia Kevelin

Wayne State University School Of Medicine, he7121@wayne.edu

Bohdan Matsko

Wayne State University School Of Medicine, ga0479@wayne.edu

Emily Otiso

Wayne State University School Of Medicine, gm3150@wayne.edu

Bakhit Toumoni

Wayne State University School Of Medicine, gt9157@wayne.edu

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COVID-19: VENTILATION

True or false?

Decreased ventilation in nursing homes decreases the risk for COVID-19 infection.



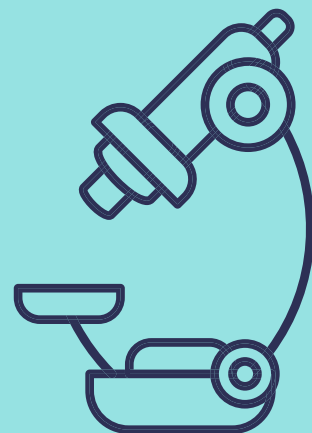
False! This is a myth.

Good ventilation helps in decreasing COVID-19 spread.



WHAT IS COVID-19?

COVID-19 is a disease caused by the infection with SARS-CoV-2 virus. As of 21 November 2020, **over 57.8 million cases have been confirmed**, with more than **1.37 million COVID-19 deaths**.

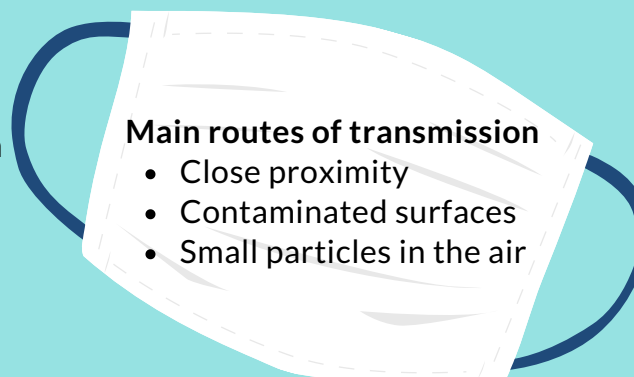


HOW DOES IT SPREAD?

According to the CDC, “**Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby.** The droplets can also be inhaled into the lungs.”

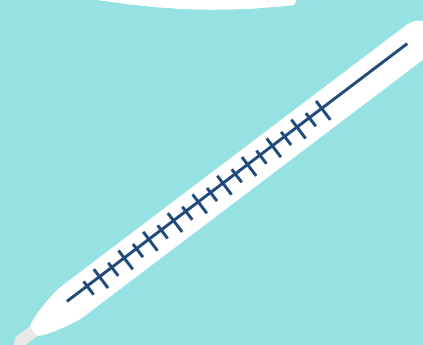
Main routes of transmission

- Close proximity
- Contaminated surfaces
- Small particles in the air



VENTILATION:

Ventilation is the introduction of fresh outside air in exchange for inside air. Ventilation is one of the **most effective measures** to significantly **reduce the exposure to infectious diseases**. Therefore, ventilation during COVID-19 should be strengthened.



NURSING HOME POPULATION

Nursing home populations have **increased risk of mortality from COVID-19**. Therefore, it is especially important to take control measure to prevent spread inside a nursing home.



GOOD VENTILATION

- **Filtration** of recirculated air through high efficiency filters (HEPA filters)
- Air circulation **away from an individual**
- Increased exchange with **outdoor-air**



BAD VENTILATION

- **Air re-circulation:** if the same air keeps circulating in the building without any new fresh air it can lead to increased risk of infection .
- **Blocked vents** can stop fresh air from circulating and increase risk of COVID spread.



WHAT TO DO IF YOU ARE WORRIED ABOUT VENTILATION

- If you are worried about the quality of the air in your room, **use portable air cleaners**
- **Open windows** to allow for fresh air in the room
- Ask your building manager to **clean the building ventilation vents frequently**. Uncleaned vents can potentially lead to COVID spread

