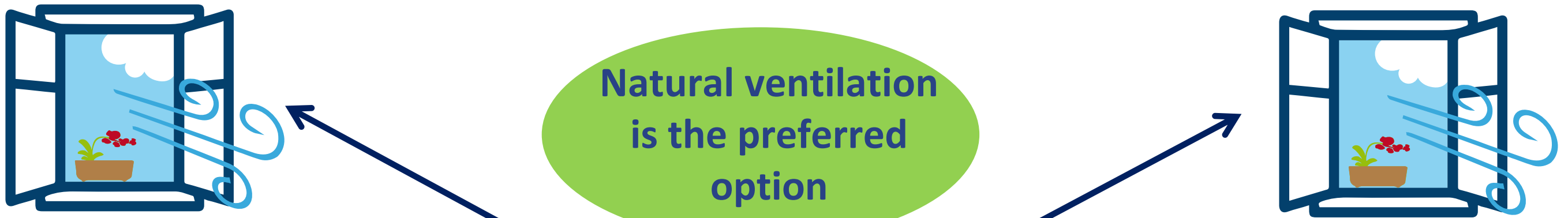


# Ventilation and COVID-19




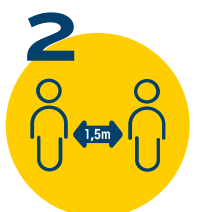


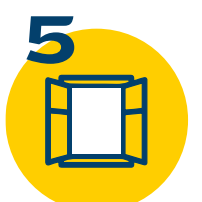

In interior spaces, ventilation is an effective measure in the prevention of SARS-CoV-2 transmission

Ventilation is the renewal of indoor air with outdoor air



Before, after and while we are with non-co-habitants in interior spaces, **cross ventilation** is recommended, if possible **permanently**, by **opening doors and/or opposite windows or at least on different sides of the room to improve air circulation and ensure an effective clearing throughout the space.**

Ventilation must be associated with all other prevention measures, always keep these 6 key points in mind :

-  **1** Face mask
-  **2** Meters (at least 1.5m between people)
-  **3** Hands (frequent hand washing)
-  **4** Fewer contacts and in a stable bubble
-  **5** More ventilation (outdoor activities and opened windows)
-  **6** I stay home if I have symptoms, a positive COVID diagnosis, in contact with a positive case, or expecting COVID results

When natural ventilation is not possible, use **mechanical or forced ventilation.**

Check [here](#) for more information

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Consult official sources for more information:

[www.mscbs.gob.es](http://www.mscbs.gob.es) @sanidadgob