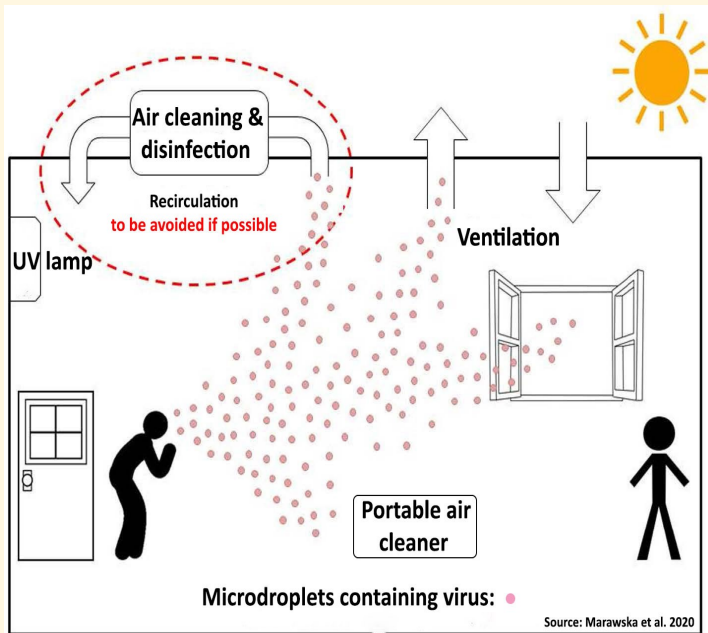


# COVID AND HOME INDOOR AIR QUALITY

## NEW RESEARCH SHOWS GREATER RISK OF COVID TRANSMISSION INDOORS

- Virus aerosols expelled by coughing, sneezing and talking can travel much farther than six feet and across small rooms.
- Virus aerosols can remain suspended in air for up to 40 hours!
- Ventilation and filtration can reduce the airborne concentration of viruses.
- Reducing exposure requires several protective measures including room ventilation, air filtration, distancing, masks, handwashing, and surface cleaning.



### MINIMUM EFFICIENCY REPORTING VALUE (MERV) FILTER RATING FOR AVERAGE EFFICIENCY ON PARTICLE SIZES

#### MERV-8

No % average efficiency reported

Captures:

- Mold
- Pet Dander

#### MERV-13

< 75% average efficiency

Captures:

- Bacteria
- Droplets
- Viruses

#### HEPA

99% average efficiency

Captures:

- Bacteria
- Droplets
- Viruses

Adapted from: ASHRAE

## IMPORTANT INDOOR AIR QUALITY TIPS:

- Properly ventilate your home to reduce airborne transmission. Open screened windows or doors when weather permits.
- Avoid air recirculation unless adequate filtration/disinfection systems are in place.
- For home HVAC filters, use a minimum of a Minimum Efficiency Reporting Value (MERV)-13 rating to help trap virus particles.
- Supplement ventilation systems with portable air cleaners, e.g. HEPA filters. Be sure to size filter for the room and change filters as recommended.
- Follow mask use, distancing, handwashing, cleaning if someone is infected.

### RESOURCES:

ASHRAE: <https://www.ashrae.org/technical-resources/resources>

Consumer Reports Air Purifier Buying Guide: <https://www.consumerreports.org/cro/air-purifiers/buying-guide/index.htm>

Do-it-Yourself Air Filter: <https://www.wired.com/story/could-a-janky-jury-rigged-air-purifier-help-fight-covid-19/> and <https://www.youtube.com/watch?v=Y7eL2OAnqC8&feature=youtu.be>

EPA: <https://www.epa.gov/coronavirus/indoor-air-and-coronavirus-covid-19>

Morawska et al. 2020: <https://www.sciencedirect.com/science/article/pii/S0160412020317876>

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