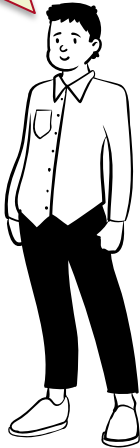


KIDS HEALTH ZONE

Hey dad, Ms. Potts told us that our school's improving ventilation in classrooms. But like many kids in class, I don't know what that means. Can you teach me?

John, that is an excellent plan for your class. Great that you asked. Let me teach you about ventilation and why is it so important!

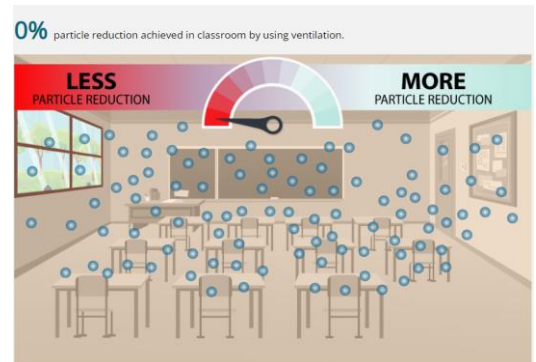
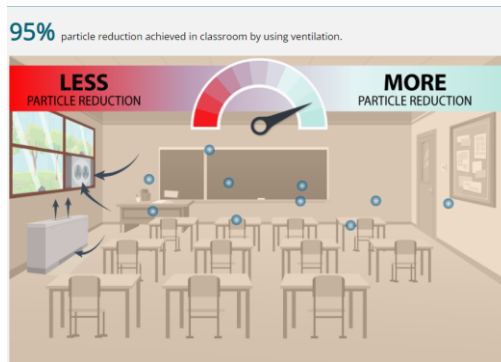


WHAT IS VENTILATION?

According to the CDC, [ventilation](#) means improving indoor air quality by increasing fresh air in your space, filtering air, and improving the flow of air. Improving ventilation can help prevent airborne bacteria and virus particles from spreading.

WHAT DOES GOOD OR POOR VENTILATION LOOK LIKE?

- ❖ Poor ventilation has stagnant (not moving) or recycled air. This concentrates airborne particles that could contain infectious microorganisms. Airborne infections can spread more easily in this environment.
- ❖ Opening windows and doors and turning on a fan improves air circulation and exchange. Removing the stale air from indoors and bring the fresh air from outdoors and/or filtering air can reduce infectious particles in the air.



[Interactive School Ventilation Tool](#)

QUICK LINKS

- [How to Protect Yourself & Others](#)
- [Interactive School Ventilation Tool](#)
- [Free Ventilation and Cleaning Supplies for Nebraska Schools and Child Care Centers](#)
- [Ventilation in Schools and Childcare Programs](#)
- [Healthy Indoor Environments in Schools During the COVID-19 Pandemic and Beyond](#)
- [Improving Ventilation in Schools, Colleges, and Universities to Prevent COVID-19](#)
- [Framework for Effective School IAQ Management](#)



[EPA- Indoor Air Quality: Framework for Success](#)

In general, the more people in an indoor environment, the greater the need for ventilation. - [US Environmental Protection Agency \(EPA\)](#).



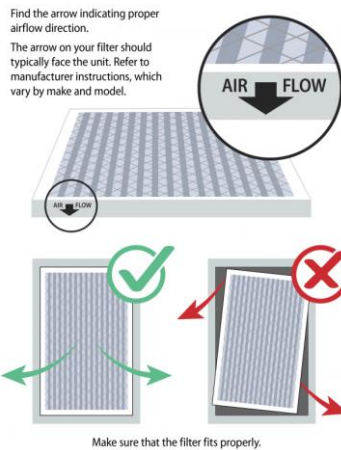
KIDS

HEALTH

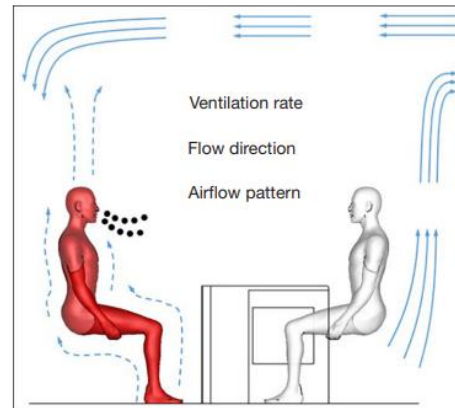
zone

Why is ventilation important?

Ventilation is important to prevent airborne diseases from spreading. Some diseases can be spread easily by the airborne route, including: COVID-19, measles, chickenpox, and tuberculosis. Other diseases such as influenza and other respiratory viruses probably have some degree of airborne spread. People infected with these microorganisms expel the infected droplets into the air when coughing, sneezing, talking, and even breathing. These infectious droplets can remain suspended and may be inhaled by a susceptible person in the same indoor space. Proper ventilation disperses these droplets, reducing the chances of another person acquiring a sufficient dose to be infected. If improved ventilation is not possible, air purifiers using high efficiency particulate air (HEPA) filters can reduce the concentration of infectious particles as well.



[Filter the air in your home](#)



[Ventilation control for airborne transmission of human exhaled bio-aerosols in buildings](#)

How to Protect Your Schools and Child Care?

- Wear a [well-fitted, multi-layer mask](#), preferably KN95 or N95
- Open windows and doors, even partially.
- Use child-safe fans to increase circulation of fresh air.
- Have more outdoor activities when possible.
- Make sure the ventilation systems are clean, serviced and meeting code requirements. [ASHRAE Standards and Guidelines](#)
- Set the HVAC fan control from “Auto” to “On” to ensure there is a continuous air filtration and distribution.
- Consider portable air cleaners with [HEPA filters](#).

