



Coronavirus update

During the COVID-19 pandemic it is vitally important to increase ventilation to stop the spread.

Coronavirus is spread through the air by droplets and smaller particles (known as aerosols) that are exhaled from the nose and mouth of an infected person as they breathe, speak or cough. They behave in a similar way to smoke but are invisible. The majority of virus transmissions happen indoors. Being indoors, with no fresh air, the particles can remain suspended in the air for hours and build up over time.

The longer people spend in the same room as these particles, the more likely they are to become infected.

The recommendations around 'Hands. Face. Space' remain important measures to consider as simple but vital behaviours that have the power to protect the public from both the short and potential long-term impact of coronavirus.

In addition, airing rooms is important as it reduces the number of infectious aerosols in the air. Simple actions like opening windows regularly throughout the day, especially when you share a space with others, and making sure that mechanical ventilation systems and kitchen and bathroom extractor fans are used correctly, will reduce your risk.

The following film shows how coronavirus lingers in the air in spaces with no fresh air, increasing the risk of people breathing in infected particles and how the risk can be reduced significantly by regularly ventilating enclosed areas.

<https://youtu.be/qYZMOG2kUWg>

[COVID-19 health advice](#)

FREE Rapid COVID-19 tests for workers and volunteers

Results within 30 minutes

With around one in three people who have coronavirus show no symptoms, testing is vital for those individuals who cannot work from home and have regular contact with other people through their job.

Regular testing will help identify more people who have COVID-19 and help to reduce the spread of the virus as they will know to self-isolate.

No need to book an appointment, just turn up!

[Find your nearest test site](#)

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