

COVID-19 Practical Solutions Based on Public Health Fundamentals for Homes and Workplaces

IT'S IN THE AIR *What can you do to avoid the virus?*

Vaccines are necessary, but not enough to protect us, our loved ones and our communities from the virus behind COVID-19
In addition to vaccines, we need **clean respirable air**.



CLEAR THE AIR

Meet others outdoors if you can.

Get lots of fresh air inside:

- Keep work ventilation and furnace fans **ON** to bring in outside air.
- Open windows if they can really add fresh air.

Change air with fresh, cleaned air at least six times /hour (6 ACH*) in workplaces, schools, gyms, other places people gather. Maximize in homes as able.

Evaluate and improve ventilation:

- Clean air with better filters (MERV-13 if possible).
- Supplement with portable HEPA-filter units, sized to the space. Avoid ozone.
- Make DIY filter + fan boxes for homes, neighbours, community groups.

*Air changes per hour



MASK SMART

Masks are NOT all the same.
Good **fit, filter and function** are essential to protect you *and* others.

- Fit:**
- No gaps on the sides or top.
 - A good seal at all the edges.
 - Metal nose pieces are essential.

Filter: Cloth does **not** filter out the small virus-laden particles. Only specially-designed melt-blown materials do.

Function:

- Respirators protect the user and those around them.
- Loose-fitting and/or fabric masks generally only protect others from you.

In most occupied spaces, you need a respirator, especially with Omicron.
Choose one that fits well and is easy to breathe through.



CLOSE THE GAPS

Fewer people inside for less time – everywhere – based on the space/size.

Limit the people you see – be cautious of the risk they bring.

Distance matters inside and out.

Remember – You can share the virus without symptoms!

Use Rapid Antigen Tests (RATs) right before meeting others. If even faintly positive: isolate, inform contacts, follow guidelines and get a PCR test asap.

Don't meet others if you have cold or flu symptoms, even if the RAT result is negative.

STOP:

- **Blocking air circulation** with plexiglass, unless direct face-to-face risk.
- **Disinfecting** (rarely needed and toxic).
Clean with soap, water and microfibre.

CHECK FRESH AIR WITH CO₂ MONITORS

- 600 ppm: okay
- 800 ppm: caution
- >1,000 ppm: action needed

AIM FOR CERTIFIED CA-N95 OR N95 RESPIRATORS OR BETTER.

Improve how other masks fit with headstrap tighteners and/or a brace.

JOIN / SUPPORT GROUPS

pushing for the best protection for all of us (e.g. Zero Covid, Protect our Province*, Masks4Canada)

*Alberta | British Columbia | Quebec

See [Masks4Canada](https://masks4canada.com) for more information.