



MINISTRY OF HEALTH
& MEDICAL SERVICES

GUIDANCE ON GOOD VENTILATION

The virus that causes COVID-19 spreads easily in indoor and poorly ventilated settings.

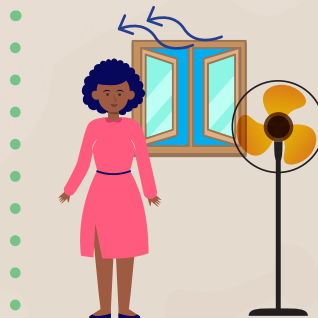
Spaces with windows



Good ventilation. open a window!



- **Better ventilation.** Open windows/doors on opposite sides of the room to create a cross breeze.

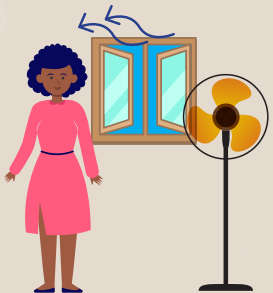


- **Better ventilation with one window.** Place a fan in front of the window, facing the outside.

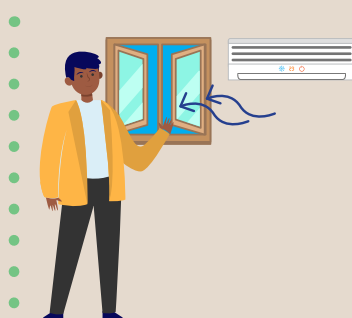


- **When it's too hot/cold to leave windows open.** Open windows for a few minutes each hour to bring in fresh air.

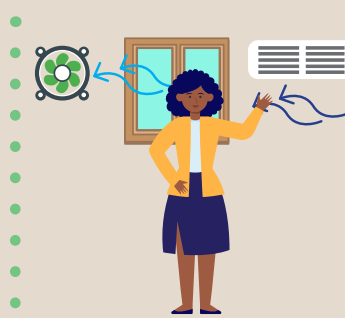
Enclosed spaces that use air-conditioning and fan ventilation



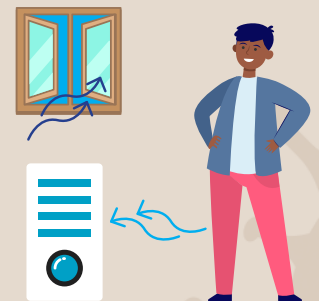
When using a fan. Always open windows and doors when using a fan. Running a fan in a closed space can increase the spread of the virus.



- **When using an air conditioner.** Open windows for a few minutes every hour. Most air conditioners recirculates air.

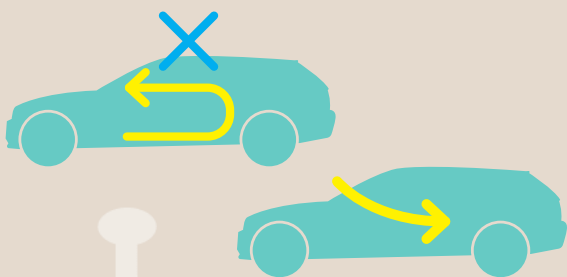


- **When using centralised air conditioning.** Use settings that increase the amount of outdoor air pulled in.



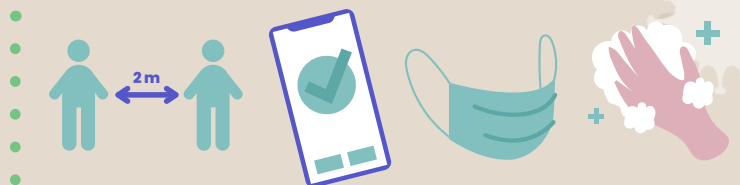
- **When using an air filter.** Open windows for a few minutes every hour to bring in fresh air.

Air conditioning inside vehicles



Use the setting that brings in fresh air. Settings that circulate the inside air can increase the spread of the virus.

Public spaces



- When in an indoor public space where you cannot open a window and you do not know if the space is well ventilated and you are not able to safely distance at 2m, ensure you are wearing a mask properly, wash your hands with soap and water regularly or use a hand sanitiser and spend as little time in that space as possible.

Important Numbers

Lifeline Fiji – 1543 or 132454
24 Hour Child Helpline – 1325
Domestic Violence Helpline – 1560
Empower Pacific – 5626
COVID-19 Helpline – 158

For more information:

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