

Supplement to Distancing and Hygiene Regulations: Ventilation

Distancing, Hand Hygiene, Mouth-Nose Coverings + Ventilation

Transmission of the coronavirus is respiratory thanks to droplet infection and aerosols with a virus load directly from person to person.

The adherence to the distancing and hygiene regulations, as well as wearing mouth-nose coverings aid the reduction of transmission. Unlike droplets, which are partially intercepted by nose-mouth coverings and quickly sink downwards due to their weight, aerosols can remain in the air for a longer period of time. Especially in poorly ventilated rooms this can cause an increase in the risk of infection. This also applies when a distance of at least 1.5 m is kept. The danger can be minimized by sufficiently ventilation rooms (dilution effect).

You will find two posters attached that can be printed out and hung up to remind people of the necessary ventilation measures.

In agreement with the occupational safety teams at the University of Bremen and the “Zentrum für Gesunde Arbeit” at Performa Nord, the following regulations concerning ventilation of rooms are in place at the University of Bremen.

Type of Room	Ventilation Regulation		Additional Remarks
Rooms without technical ventilation equipment			
Office	<ul style="list-style-type: none"> - The room must have windows - There must be windows that can be completely opened. 	<ul style="list-style-type: none"> - All windows that can be opened must be opened for at least 3 – 10 minutes (shock ventilation) at 60-minute intervals.¹ - The more people that are in the room, the longer the period of ventilation should be. - Ventilation with windows that are tilted is only to be seen as an addition to shock ventilation. Shock ventilation is also to preferable to ventilation with tilted windows in terms of energy. - Creating a draught is to be avoided due to other connected risks of illness. Thus, the doors of the room that is to be ventilated are to remain shut. 	

¹ When it is cold outside, especially those sensitive to the cold should stand away from open windows.

Type of Room		Ventilation Regulation	Additional Remarks
Meeting room / PC lab / seminar room / event room / room with learning spaces, and other functional rooms with windows	<ul style="list-style-type: none"> - The room must have windows - There must be windows that can be completely opened. 	<ul style="list-style-type: none"> - All windows that can be opened must be opened for at least 3 – 10 minutes (shock ventilation) at 20-minute intervals.² - The more people that are in the room, the longer the period of ventilation should be. - The class/event organizer should shock ventilate the room for 5 minutes before and after the class/event. - Ventilation with windows that are tilted is only to be seen as an addition to shock ventilation. Shock ventilation is also to preferable to ventilation with tilted windows in terms of energy. - Creating a draught is to be avoided due to other connected risks of illness. Thus, the doors of the room that is to be ventilated are to remain shut. 	
Areas of movement (entryways and exits, hallway, stairwells, elevators), sanitary rooms, maintenance rooms³		<ul style="list-style-type: none"> - Generally, these areas do not have a sufficient number of windows that can be opened. 	<ul style="list-style-type: none"> - In these areas it is obligatory that all persons wear a textile mouth-nose covering (mask). Exceptions can be made as per corona regulations (e.g. upon presenting an official doctor's note.)

² When it is cold outside, especially those sensitive to the cold should stand away from open windows.

³ As per Corona Regulations 18 dated October 12, 2020