

Supplement to “AHA+L” Regulation: Ventilation (“AHA+L”)

Social Distancing, Personal Hygiene, Masks, and Ventilation of Rooms

The coronavirus is a respiratory infection passed on directly from person to person by droplets and aerosols carrying the virus.

Adhering to the social distancing and hygiene regulations, as well as wearing a mask contributes to keeping the number of transmissions low. In contrast to droplets, which can be partially contained by masks and which sink quickly to the ground due to their weight, aerosols can remain in the air for a longer duration. Thus, the risk of infection rises when a room is badly ventilated. This also applies when social distancing of 1.5 m is complied with. The risk can be primarily lessened by means of sufficient ventilation of rooms (dilution effect).

As agreed upon with Administrative Unit 02: Labor, Health, and Environmental Protection at the University of Bremen and Performa Nord’s Center for Healthy Working, the following room ventilation rules apply at the University of Bremen:

Type of Room		Ventilation Required	Other Information
Rooms <i>without</i> technical ventilation facilities			
Office	<ul style="list-style-type: none"> - The room must have a window. - There must be a window that can be fully opened. 	<ul style="list-style-type: none"> - Windows should be opened wide for at least 3 to 10 minutes every 60 minutes (shock ventilation).¹ - The ventilation duration should be increased in accordance with an increase of people in the room. - Ventilating rooms by tilting windows should only be seen as an addition to shock ventilation. Shock ventilation is also preferable in comparison to tilting windows in terms of energy usage. 	

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¹When it is particularly cold outside, persons who are sensitive to the cold should stay away from open windows.

		<ul style="list-style-type: none"> - Creating a draft by opening two or more windows across from each other is to be avoided due to the health risks involved. Thus, the doors of rooms being ventilated should remain shut. 	
Meeting room / PC lab / seminar room / event room / room with learning spaces / other functional room with windows	<ul style="list-style-type: none"> - The room must have a window. - There must be a window that can be fully opened. 	<ul style="list-style-type: none"> - Windows should be opened wide for at least 3 to 10 minutes every 20 minutes (shock ventilation).¹ - The ventilation duration should be increased in accordance with an increase of people in the room. - The event host / organizer must shock ventilate the room after each event / class for 5 minutes. - Ventilating rooms by tilting windows should only be seen as an addition to shock ventilation. Shock ventilation is also preferable in comparison to tilting windows in terms of energy usage. - Creating a draft by opening two or more windows across from each other is to be avoided due to the health risks involved. Thus, the doors of rooms being ventilated should remain shut. 	<p>The University Executive Board's regulations apply with regard to the obligation to wear a mask (see Hygiene Concept and Level Plan for Teaching of the University of Bremen).</p>
Area of movement (entryways and exits, hallways, stairwells, elevators) / sanitary facility / waiting room		<ul style="list-style-type: none"> - These areas usually do not have enough windows that can be opened. 	<p>The University Executive Board's regulations apply with regard to the obligation to wear a mask (see Hygiene Concept and Level Plan for Teaching of the University of Bremen).</p>
Rooms with technical ventilation facilities			

<p>Interior room with a technical ventilation facility, e.g. technical chemistry laboratory, large lecture room</p>		<ul style="list-style-type: none"> - No additional ventilation measures are required. <p>Info:</p> <ul style="list-style-type: none"> - The University of Bremen's technical ventilation facilities have been assessed and transport the highest possible quantity of outside air into each room. - The performance of the ventilation facilities is assessed at regular intervals. - Rooms that are fitted with a technical ventilation facility that does not meet the technical safety requirements have been closed for the use by the university. 	<p>The University Executive Board's regulations apply with regard to the obligation to wear a mask (see Hygiene Concept and Level Plan for Teaching of the University of Bremen).</p>
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Bremen, October 20, 2021

**Signed by Frauke Meyer
 Director of Finance and
 Administration, University of Bremen**