

Let fresh air in if you meet indoors. Meeting outdoors is safer

When a person infected with COVID-19 coughs, talks or breathes, they release droplets and aerosols which can be breathed in by another person. Meeting outdoors vastly reduces the risk of airborne transmission, but this may not always be possible. If you're indoors, you should let fresh air in to reduce the risk of catching or spreading COVID-19.

The more fresh air you let into your home or other enclosed spaces, the less likely a person is to inhale infectious particles.

You can let in fresh air by uncovering vents and opening doors and windows. Opening your windows for just 10 minutes, or a small amount of time continuously where you can, makes a significant difference. This is particularly important before, during and after meeting people you do not live with indoors.

Do not prop fire doors open. If you have an extractor fan at home, for example in your bathroom or kitchen, think about leaving it running for longer than usual with the door closed after someone has used the room. If you are concerned about the costs of heating, opening windows for shorter periods of time can still help to reduce the risk of the virus spreading. Wearing extra layers can help you to keep warm. You may be able to change the layout of your room so that you do not sit close to cold draughts from open windows or doors.

There is [guidance for the public on how to ventilate indoor spaces to stop the spread of COVID-19, including if someone is self isolating](#). This includes advice on how to claim financial and practical help on heating your home.