

‘Letting in the fresh air lowers risk of infection’

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people are vaccinated. In an enclosed space, infectious particles hang around in the air like smoke and can build up over time. “This increases the risk of other people in the room breathing in the virus, especially if there is no ventilation or fresh air helping to refresh the air. “That’s why it’s important to ventilate indoor spaces by opening windows, even if just regularly for a short time – so fresh air can disperse Covid-19 particles to decrease the risk of others being infected.”

“Christmas is around the corner, and we are all looking forward to being with friends and loved ones, so it’s important to remember that Covid-19 hasn’t gone away. “So take the necessary precautions to minimise the risk of the virus spreading. You can do this by making sure indoor