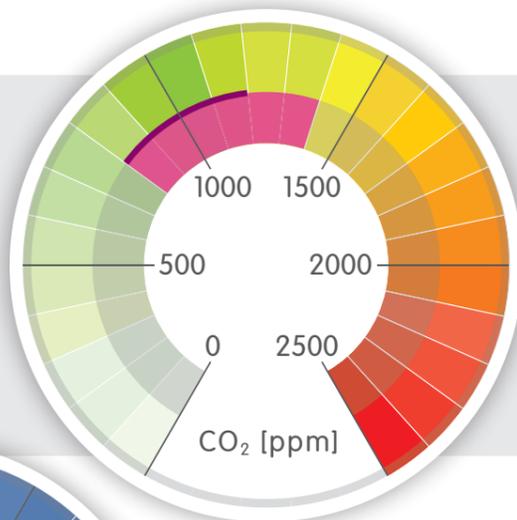




Guidelines for a healthy indoor climate

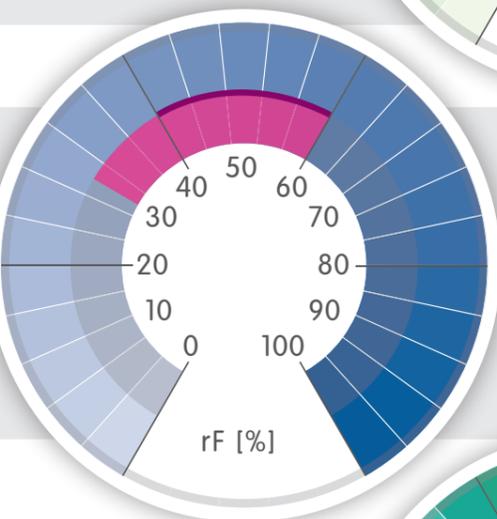
The monitoring of important indoor air parameters helps to minimize the risk of infection with viruses or bacteria and to increase well-being and concentration.

Recommendation:
800 - 1200 ppm
Optimum: 800 ppm
Maximum: 1400 ppm



Carbon dioxide – CO₂ (ppm)

If the value rises above 1000 ppm (parts per million), the air is used up and enriched with aerosols. The result: fatigue and a loss of concentration together with a rise in the risk of infection. CO₂ is an indicator to determine the time and duration for optimal ventilation.

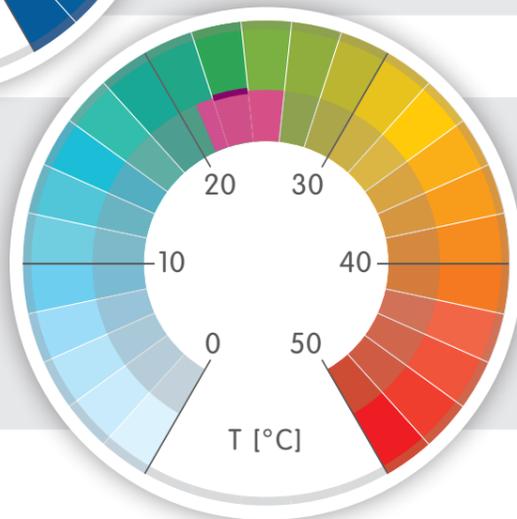


Recommendation:
40 - 60 %
Winter: 30 %
Summer: 60 %

Relative air humidity – %RH

40 – 60 %RH is the ideal value for healthy indoor air. Air that is too dry aids the spread and survival of viruses in airborne droplets (aerosols) and their absorption through the nasal mucous membrane.

Recommendation:
22 - 24 °C
Winter: 21 °C
Summer: 26 °C



Temperature – °C

A temperature between 22 and 24 °C is ideal in work rooms (conference rooms, offices, classrooms, etc.). Rooms that are too hot reduce the relative humidity and affect the productivity of the people in them.