



Based on the school project
"Can I close the window?"



Transnational meeting in Spain
Mobility group of students,
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IES SANTIAGO APÓSTOL



COLEGIUL
SPIRU HARET TULCEA

Can we close the window?

Good practice guide for selecting best strategies for indoor spaces in our school

These are some steps that you can follow:

Step 1

Q: Why should we control air quality indoors in schools?
A: It improves our health and prevents the transmission of COVID.

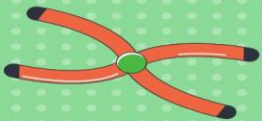


Step 2

Q: What kind of devices should we use and which is the max ppm?
A: CO2 meter, 700 ppm indoors

Step 3

Q: What kind of health issues can we avoid?
A: Viruses (COVID) and illnesses related to the respiratory system.



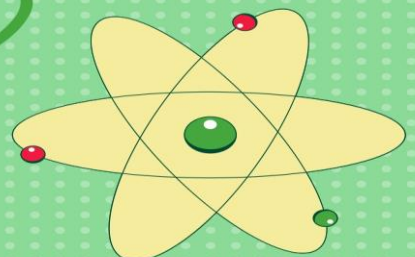
Step 4

Q: What are the recommendations for the well-being?
A: Open the windows and the doors, get plants.



Step 5

Q: Can I close the window?
A: NO!



This experiment has been done in our class and we observed that when the door and the windows were closed, the measurements were higher.

PRACTICE Guide

Why should we control air quality indoors in schools

To reduce spread of infectious illnesses (such as Covid-19)

Ventilating and measuring CO2 levels.

What actions should be taken to keep air quality at its best in a classroom

Why do we need to measure CO2 levels?

To reduce the risk of infections (Covid-19)

When we ventilate, CO2 levels go down because all CO2 goes outside

Is there a connection between CO2 levels and air quality in the classroom?

What kind of device should we use to measure air quality in the classroom?

We are supposed to use a CO2 meter.

Headache, breathing problems and lack of concentration

What kind of health issues can we avoid by keeping the class ventilated?

Can I close the window?

NO

Can I close the window?

We should control quality indoors in schools to ensure the students' safety against viruses and infections



How to keep air quality in a classroom

The ventilation by keeping the doors and windows open. We need to know how the CO₂ level is to take action in case the level will be dangerous

The measurements of CO₂

The CO₂ meter is the device we use to measure the level of CO₂ in a room. The maximum advisable amount of CO₂ in a classroom is 700 ppm and in the corridors it is 500ppm.

Importance of ventilation

The renovation of the air is important to keep the CO₂ level as low as possible: the more renovation, the lower the level of CO₂.



How ventilation affects our health

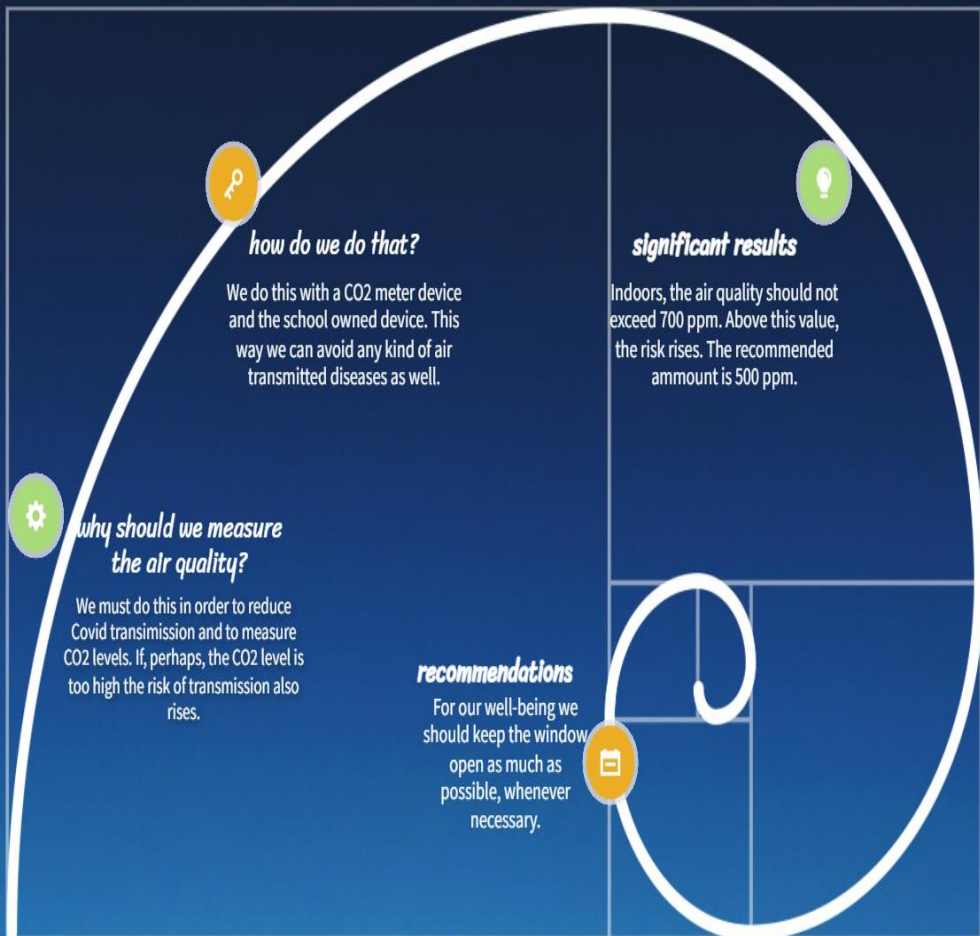
Ventilation can help us avoid health issues like colds, flus, or even COVID-19. The health benefits of ventilation are concentration, better school performance, reducing feelings of discomfort and breathing issues.

Can I close the window?

No, you need to keep it open all the time and as many times as possible. The door should also be open along with the windows.



Experimental Apparatus Measuring CO2 levels



Created by Colegiul Spiru Haret Tulcea
(Romania) and IES Santiago Apóstol,
Almendralejo (Spain)

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