

Please open the window



Prezentare Brian Douglas

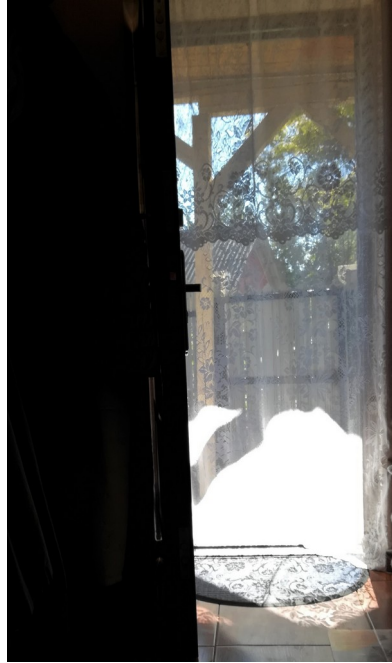
Romanian Children's Humanitarian Foundation

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INSPIR
Conferința de Pneumologie

Why many people don't profit from fresh air



We all need to breathe clean fresh air.

With this aspect in mind I ask why so many people do not open their windows and doors to allow fresh air to enter their dwellings or workplaces thus also allowing stale air to escape?

Not being a Romanian citizen I don't know the response

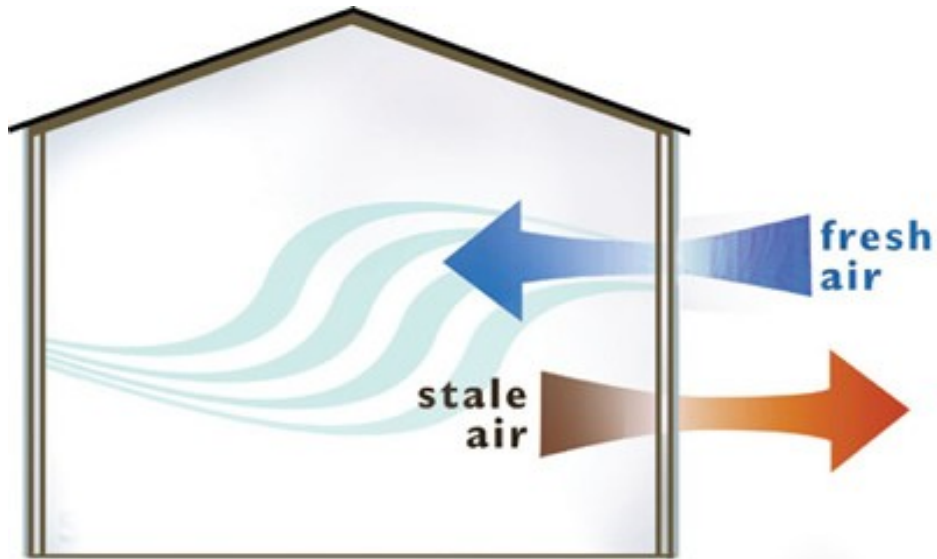
Please allow me to explain

Almost each day when I open the windows at home I get told off!!

There's a draft blowing in the room, don't you feel it, you will be ill with a headache, get a stiff neck, catch a bad cold and so many excuses follow similar.

Personally I do not feel these aspects and enjoy the clean air wafting in the room, but I note so many Romanians use this as an excuse to quickly shut windows and doors

Stale air equals poor health



The simple fact is that by keeping windows and doors closed you allow stale polluted air to remain in your home rather than enjoy the benefits of clean fresh air

Rural families with vulnerable health

Poor health is often a problem in many rural families I visit in northeast Romania.

I visit many senior citizens who live in sub standard conditions.

Often because of a lack of finance the whole family sleeps in the warmest room in the cold seasons and this is the kitchen.



Here in these dwellings the soba is often lighted and water boils in large pans both for the animal feed time and domestic use alike.

The air is soon filled with moist stale air which remains in the small room throughout the day.

At night the family all sleep in the kitchen area as is the warmest room, but put their health at risk as the moist unclean air filled with micro droplets is what they breathe into their lungs whilst sleeping!

I note that rural air quality is far above that of urban air, yet people simply do not take advantage of this aspect so often.

Poor air quality goes with poor health



With this in mind it's no surprise in my mind that we have in Romania so many pulmonary disease infected people each year including many rural dwellers.

Tuberculosis is still a major health problem including in rural areas and of course we now are in a Sars Covid pandemic also including in some rural villages yet we still remain with these old ideas indifferent the motive to not open our dwellings and workplaces to allow fresh air to enter and stale air to escape!

open windows can prevent the spread of viruses and other pathogens



A 2019 study published in the prestigious British Medical Journal of Infectious Diseases found that windows and other sources of natural ventilation can help reduce tuberculosis transmission by 72%

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In developing countries, where expensive ventilation systems are not accessible, some hospitals often rely on open windows and fans to encourage indoor-outdoor air exchange.

In the photo .. Bisericani TB Hospital..Piatra Neamt.

Fresh air is free, why not take it?



I sleep well and feel good at home, when the windows allowed fresh air to come in every day, join me and be as healthy as a kitten!

Thank you for allowing me to be with you at INSPIR 2020