

Stephanie H. Taylor MD

P.O. Box 593, Stowe, Vermont 05672, USA
12th April 2021

We, the undersigned, are responding to The Future Buildings Standard, as proposed by the UK's Ministry of Housing, Communities and Local Government, with specific reference to Part F (ventilation) of the Building Regulations for non-domestic buildings and dwellings.

The UK Government is taking positive steps to mitigate against the risks of airborne infection in offices and public buildings, including proposals with regards increasing ventilation and CO₂ monitoring, which are commendable.

However, we call upon the Ministry of Housing, Communities and Local Government to expand upon these proposals and set a minimum lower limit of 40% relative humidity (%RH) for offices and public buildings, as an additional intervention measure against airborne respiratory infections.

Scientific studies have overwhelmingly shown three mechanisms by which dry indoor air, below 40%RH, promotes airborne infection:

1 – Dry air impairs human respiratory immune defence mechanisms, leaving building occupants more susceptible to airborne infections [1, 2, 7, 9].

2 – Dry air increases the quantity of small droplets, through evaporation of larger droplets, which are capable of remaining airborne for longer, travelling further away from the source and subsequently increasing the risk of airborne cross infection [3, 4, 5, 7, 8, 9].

3 – Many airborne viruses can remain infectious for longer in dry environments [3, 4, 6, 7, 8, 9].

Given the UK climate, the indoor humidity in heated, non-humidified buildings can typically drop below 40%RH at times from October through to March.

It is our belief that by maintaining indoor humidity in offices and public buildings within the range of 40% to 60%RH with the use of humidification technologies, respiratory infections will be substantially reduced as a result. This will in turn provide a significant benefit to society through reduced illness, absenteeism and healthcare costs, alongside improving public health and productivity.

This letter has been reviewed and is supported by the following individuals:

Stephanie Taylor, MD, M Arch

Harvard Medical School Infection Control Consultant. ASHRAE Epidemic Task Force. Medical advisor to The British Standards Institution. Chartered Member of the Royal Society of Public Health. Chartered Member of the Chartered Association of Building Engineers. Co-author of "Is low indoor humidity a driver for healthcare-associated infections?" In: Proceedings, Indoor Air 2016. International Society of Indoor Air Quality and Climate, 2016.

<https://www.isiaq.org/docs/Papers/Paper340.pdf>. Email: md@taylorcx.com

Derek Clements-Croome, PhD

Professor Emeritus at University of Reading, School of the Built Environment, and Visiting Professor at Queen Mary University London. Chair of Chartered Institution of Building Services Engineers' (CIBSE) Intelligent Buildings Group. Editor of "Effects of the built environment on health and wellbeing" in "Creating the productive workplace: places to work creatively", (2018).

<https://doi.org/10.4324/9781315658834-1>

Akiko Iwasaki, PhD

The Waldemar Von Zedtwitz Professor of immunobiology and professor of molecular, cellular and developmental biology at Yale, USA, and an investigator for the Howard Hughes Medical Institute. Co-author “Low ambient humidity impairs barrier function and innate resistance against influenza infection”[1].

<https://doi.org/10.1073/pnas.1902840116>

Adriano Aguzzi, PhD

Professor and Director of the Institute of Neuropathology at the University of Zurich, Switzerland. Founder and Director of the Swiss National Reference Center for Prion Diseases. Editor-In-Chief Swiss Medical Journal. Winner of the Ernst-Jung Prize, the Robert Koch Prize and the medal of the European Molecular Biology Organization.

Peder Wolkoff, M.Sc., Ph.D., Dr.Med.Sc

National Research Centre for the Working Environment, Denmark

Former professor in indoor environmental science. Chairman: Scientific Committee, “Indoor Air Quality and Health” International Committee on Occupational Health (ICOH). Author “Health, work performance, and risk of infection in office-like environments: The role of indoor temperature, air humidity, and ventilation”[7]

<https://doi.org/10.1016/j.ijheh.2021.113709>

Walter Hugentobler, Dr. med.

Physician, Switzerland. Indoor Climate Expert. Member of several Research Groups on Infectious Aerosols. Co-author “Seasonality of Respiratory Viral Infections”[2]

<https://doi.org/10.1146/annurev-virology-012420-022445>

Kenichi Azuma, PhD

Department of Environmental Medicine and Behavioral Science, Kindai University Faculty of Medicine, Japan. Secretary: Scientific Committee, “Indoor Air Quality and Health” International Committee on Occupational Health. Co-author “Health, work performance, and risk of infection in office-like environments: The role of indoor temperature, air humidity, and ventilation”[7]

<http://www.icohweb.org/site/scientific-committee-detail.asp?sc=11>

Kevin Van Den Wymelenberg, PhD

Director, Institute for Health in the Built Environment. Director, Energy Studies in Buildings Laboratory. Director, Biology & The Built Environment Center. Professor of Architecture, University of Oregon, USA. Adjunct Professor of Mechanical Engineering, University of Idaho.

Co-author “2019 Novel Coronavirus (COVID-19) Pandemic: Built Environment Considerations To Reduce Transmission”.

<https://doi.org/10.1128/msystems.00245-20>

Ajit Ahlawat, PhD

Leibniz Institute for Tropospheric Research (TROPOS), Leipzig, Germany

Author of “An overview on the role of relative humidity in airborne transmission of sars-cov-2 in indoor environments” in AAQR Journal, 2020 [9].

<https://aaqr.org/articles/aaqr-20-06-covid-0302>

Esther M. Sternberg, MD

Research Director, Andrew Weil Center for Integrative Medicine, USA. Director, UA Institute on Place, Wellbeing & Performance. Inaugural Andrew Weil Chair for Research in Integrative Medicine. Professor, UA College of Medicine, University of Arizona, Tucson. Co-author “Wellbuilt for wellbeing: Controlling relative humidity in the workplace matters for our health”.

<https://doi.org/10.1111/ina.12618>

Miyu Moriyama, PhD

Postdoctoral Fellow-Immunobiology at Yale University, USA. Co-author “Seasonality of Respiratory Viral Infections” [2]

<https://doi.org/10.1146/annurev-virology-012420-022445>

Elia Sterling

President, Theodor Sterling Assoc, USA. Co-author “Criteria for Human Exposure to Humidity in Occupied Buildings”, ASHRAE Transactions.

<http://sterlingiaq.com/photos/1044922973.pdf>

C. Mike Scofield, PE, ASHRAE Fellow

President, Conservation Mechanical Systems, USA. Researcher “Criteria for Human Exposure to Humidity in Occupied Buildings”, ASHRAE Transactions.

<http://sterlingiaq.com/photos/1044922973.pdf>

Bijan Najafi, PhD

Professor in Surgery, Director of Clinical Research, Division of Vascular Surgery and Endovascular Therapy. Director of Interdisciplinary Consortium on Advanced Motion Performance (iCAMP)

Michael E. DeBakey Department of Surgery. Baylor College of Medicine, USA. Adjunct Professor, Rice University, Department of Electrical & Computer Engineering. Editor, Gerontology, Technological Section. Co-author “Wellbuilt for wellbeing: Controlling relative humidity in the workplace matters for our health”.

<https://doi.org/10.1111/ina.12618>

Gordan Lauc, PhD

Professor of Biochemistry and Molecular Biology at the University of Zagreb, Croatia. Director of the National Centre of Excellence in Personalised Healthcare. Honorary Professor of the University of Edinburgh. Honorary Professor of the Kings College London. Member of the Johns Hopkins Society of Scholars. Immediate Past President of the International Glycoconjugate Organisation. Co-Director of the Human Glycome Project.

Dr. Nadia Driss, PhD

Ph.D. Microbiology

Scientist – Pasteur Institute Tunisia

Professor – Honoris United Universities

Charles Haas, PhD

LD Betz Professor of Environmental Engineering and Head of the Department of Civil, Architectural & Environmental Engineering at Drexel University, Philadelphia, USA.

References:

[1] Kudo et al 2019, Low ambient humidity impairs barrier function and innate resistance against influenza infection, <https://doi.org/10.1073/pnas.1902840116>

[2] Moriyama et al 2020, Seasonality of Respiratory Viral Infections, <https://doi.org/10.1146/annurev-virology-012420-022445>

[3] Reiman et al 2018, Humidity as a non-pharmaceutical intervention for influenza A, <https://doi.org/10.1371/journal.pone.0204337>

[4] Noti et al 2013, High Humidity Leads to Loss of Infectious Influenza Virus from Simulated Coughs, <https://doi.org/10.1371/journal.pone.0057485>

[5] Yang et al 2011, Dynamics of airborne influenza A viruses indoors and dependence on humidity, <https://doi.org/10.1371/journal.pone.0021481>

- [6] Yang et al 2012, Relationship between Humidity and Influenza A Viability in Droplets and Implications for Influenza's Seasonality, <https://doi.org/10.1371/journal.pone.0046789>
- [7] Wolkoff et al 2021, Health, work performance, and risk of infection in office-like environments: The role of indoor temperature, air humidity, and ventilation, <https://doi.org/10.1016/j.ijheh.2021.113709>
- [8] Božič, A., Kanduč, M. 2021, Relative humidity in droplet and airborne transmission of disease. J Biol Phys 47, 1–29. <https://doi.org/10.1007/s10867-020-09562-5>
- [9] Ahlawat et al 2020, An Overview on the Role of Relative Humidity in Airborne Transmission of SARS-CoV-2 in Indoor Environments, <https://doi.org/10.4209/aaqr.2020.06.0302>