



Investigating Air Changes Per Hour: Outside Air, MERV, & HEPA - Does it Add Up? August 9th, 2022

David Michael Moore, MPH, CIH
Principal Consultant, CEO

[Intrinsic EH&S](#)

University of California, Berkeley
Doctor of Public Health Candidate



Protecting People, Place & Planet



David M. Moore, MPH, CIH



Stephanie W. Moore, MLA



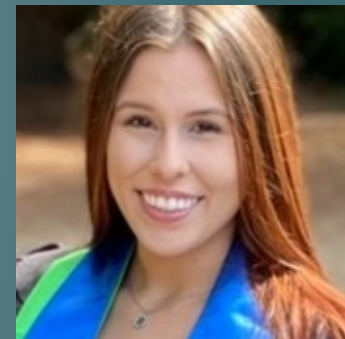
Karega Paisley, MD, MPH



Nancy Gutierrez, MPH



Monique Miller MPH
2023



Amber Morris MPH 2023

Scientifically grounded solutions for complex occupational, environmental health challenges

THE WHITE HOUSE

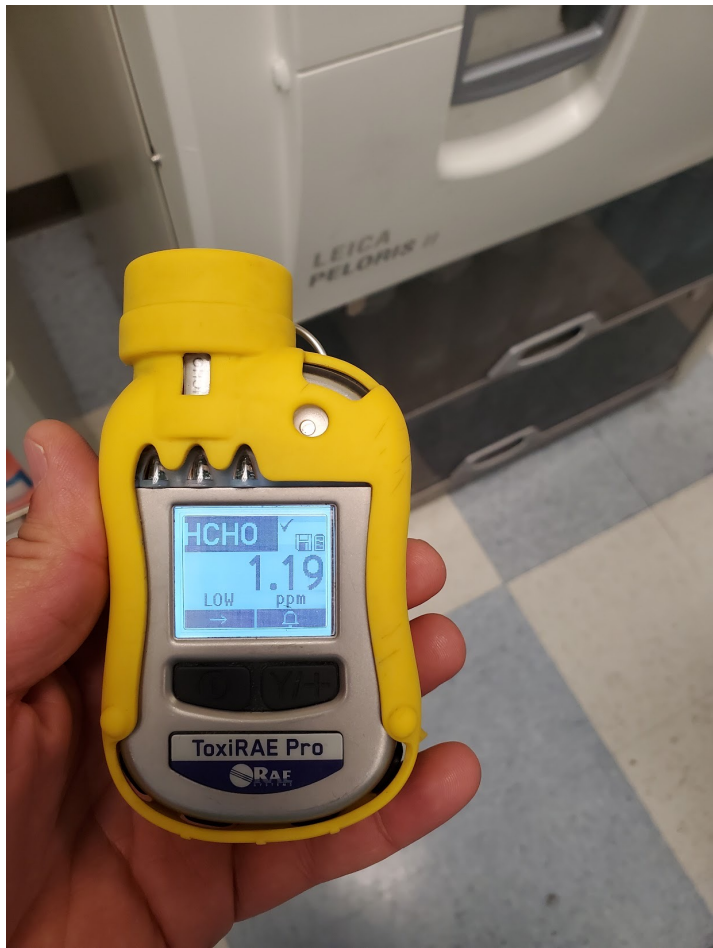


BRIEFING ROOM

FACT SHEET: Biden Administration Launches Effort to Improve Ventilation and Reduce the Spread of COVID-19 in Buildings

MARCH 17, 2022 • STATEMENTS AND RELEASES







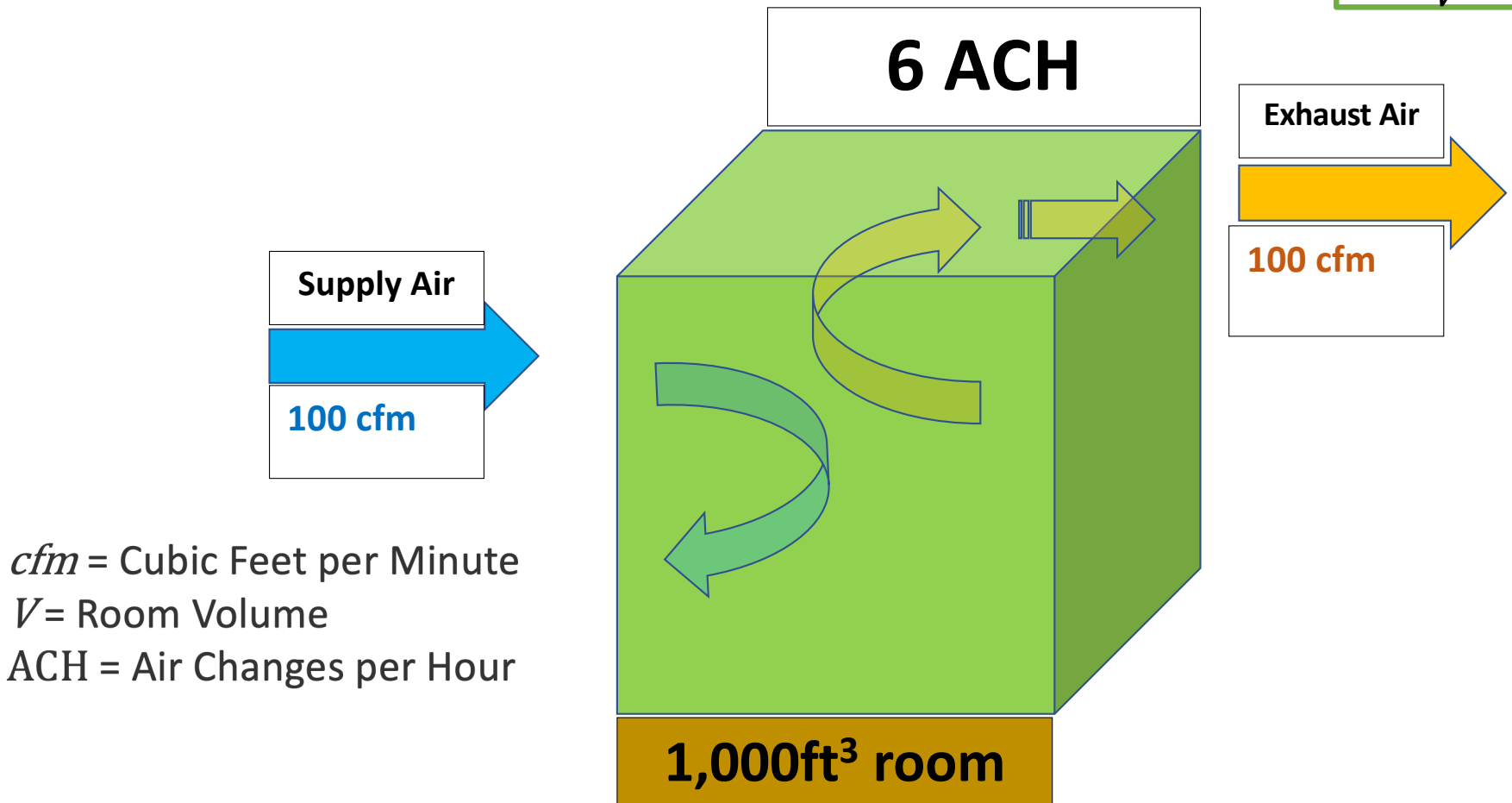
LEARNING OBJECTIVES

At the completion of this activity, the learner will be able to:

- Describe ACH, existing ASHRAE guidance, and implications for aerosol transmissible diseases and wildfire smoke mitigation
- Identify ventilation assessment methods to empirically measure the removal of airborne contaminants using outside air, MERV filtered air, and HEPA filtration individually, and in combination
- Summarize findings from a Bay Area classroom ACH study comparing the decay of carbon dioxide and PM 2.5 to estimates from direct airflow readings

Air Changes per Hour (ACH)

$$\frac{(cfm * 60)}{V} = ACH$$



cfm = Cubic Feet per Minute
V = Room Volume
ACH = Air Changes per Hour

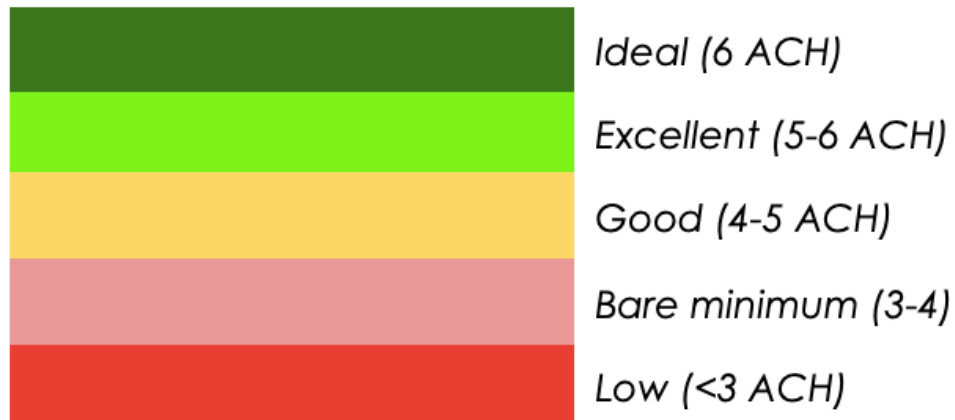


<https://www.youtube.com/watch?v=cagRuiyAsio>





TARGET IS AT LEAST 5 TOTAL AIR CHANGES PER HOUR





ASHRAE EPIDEMIC TASK FORCE

BUILDING READINESS | Updated 5-17-2022



General Information

- [Building Readiness Intent](#)
- [Building Readiness Team](#)
- [Building Readiness Plan](#)

Epidemic Conditions in Place (ECiP)

- [Systems Evaluation](#)
- [Building Automation Systems \(BAS\)](#)
- [Ventilation per Code / Design](#)
- [Increased Ventilation above Code](#)
- [Increased Ventilation Control](#)
- [Building and Space Pressure](#)
- [Flushing Between Occupied Periods](#)
- [Equivalent Outdoor Air](#)
- [Upgrading and Improving Filtration](#)
- [Filter Droplet Nuclei Efficiency / Particle Size Expectations](#)
- [Energy Savings Considerations](#)
- [Exhaust Air Re-entrainment](#)
- [Energy Recovery Ventilation Systems Operation Considerations](#)
- [UVGI Systems](#)
- [Domestic Water & Plumbing Systems](#)
- [Maintenance Checks](#)

Post-Epidemic Conditions in Place (P-ECiP)

- [P-ECiP: Prior to Occupying](#)
- [P-ECiP: Operational Considerations once Occupied](#)
- [P-ECiP: Ventilation](#)
- [P-ECiP: Filtration](#)
- [P-ECiP: Building Maintenance Program](#)
- [P-ECiP: Systems Manual](#)

Additional Information

- [Acknowledgements](#)
- [References](#)
- [Disclaimer](#)

<https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-building-readiness.pdf>

Name of Space / AHU / Building	Units	MERV 13	MERV-8 and UVGI	MERV-8 and IR	MERV-11 and UVGI	Lecture - Max	Lecture - Min
Area	Sq Ft	900	900	900	900	780	780
Average Ceiling Height	Ft	9	9	9	9	11	11
Volume	Cu Ft	8100	8100	8100	8100	8580	8580
Total Supply Air	CFM	1350	1350	1350	1350	1920	480
Total Outdoor Air	CFM	337.5	337.5	337.5	337.5	460.8	480
Supply Air ACH	ACH	10.00	10.00	10.00	10.00	13.43	3.36
Outdoor Air ACH	ACH	2.50	2.50	2.50	2.50	3.22	3.36
Central AHU Filter MERV Rating	MERV	8	11	8	11	13	13
UVC Single Pass Inactivation	%	0.00%	80.00%	0.00%	80.00%	0.00%	0.00%
In Room Fan HEPA Filter	CADR	0	0	200	0	0	0
Number of In Room Fan HEPA Filters	Qty	0	0	2	0	1	0
Effective Air Changes Based on Technology							
ACH_OA	ACH	2.5	2.5	2.5	2.5	3.2	3.4
ACH_filter (in AHU)	ACH	3.7	5.0	3.7	5.0	8.8	0.0
ACH_e,c	ACH	0.0	2.0	0.0	2.0	0.0	0.0
ACH_air cleaner	ACH	0.0	0.0	3.0	0.0	0.0	0.0
Sub-Total Effective ACH	ACH	6.2	9.5	9.1	9.5	12.0	3.4
Total Effective ACH_e		4.3	6.7	7.3	6.7	8.4	2.3
Time Required to achieve Target Air Changes	Target Air Changes	3	3	3	3	3	3
Minutes	Min	41.6	27.1	28.1	27.1	21.4	76.6
Hours	Hours	0.69	0.45	0.47	0.45	0.36	1.28

<https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-building-readiness.pdf>

HARVARD - CU BOULDER PORTABLE AIR CLEANER CALCULATOR FOR SCHOOLS.v1

AUTHORS	Joseph Allen	Healthy Buildings Program, Harvard T.H. Chan School of Public Health
	Jose Cedeno-Laurent	Healthy Buildings Program, Harvard T.H. Chan School of Public Health
	Shelly Miller	Mechanical Engineering, College of Engineering and Applied Science, University of Colorado Boulder
ABOUT	<p>This tool supports the Harvard 'Schools for Health' report on risk reduction strategies for schools and should not be used in isolation</p> <p>Link to full report: https://schools.forhealth.org/risk-reduction-strategies-for-reopening-schools/</p> <p>This guidance does not supercede guidance from CDC, WHO, state and local guidance, or other bodies</p> <p>It is provided to support efforts to supplement outside air ventilation with air cleaning using well established particle filtration strategies</p> <p>To input values from your indoor spaces of interest, download the calculator as .xlsx file.</p>	
DATE	November 8, 2020	
VERSION	v1.3	
LINK TO FILE	https://docs.google.com/spreadsheets/d/1NEhk1IEdbEi_b3wa6gl_zNs8uBJjSS-86d4b7bW098/edit#gid=0	
SHORT URL	https://tinyurl.com/portableaircleanertool	
	check back often for updates!	
IMPORTANT	<p>This tool is intended to simplify decision-making around portable air cleaners in schools for airborne transmission control (it can also be applied to residential or office air cleaning, noting differences in ventilation)</p> <p>Airborne transmission is not the only mode of transmission, therefore additional risk reduction strategies are required</p> <p>UNIVERSAL MASK WEARING SHOULD BE REQUIRED AND SOCIAL DISTANCING MORE THAN 6 FEET (~2 meters) IS EMPHASIZE!</p> <p>Read the DISCLAIMER at bottom of this workshee</p> <p>Schools should open when community spread is controlled and this guidance should come from the local public health officials</p> <p>For information on when to open based on community spread: https://globalhealth.harvard.edu/path-to-zero-schools-achieving-pandemic-resilient-teaching-and-learning-spaces/</p>	
NOTES	<p>Quick 'rule of thumb' selection guide for portable air cleaners</p> <ul style="list-style-type: none"> Look for portable air purifier with HEPA filter Look for high clean air delivery rate Avoid add-ons (e.g., ionizers, ultraviolet lights) <p>Placement of the device matters</p> <ul style="list-style-type: none"> The calculations are based on a simple-box model that assumes equal-mixing in a room Avoid having air blow across individuals 	



https://docs.google.com/spreadsheets/u/1/d/1NEhk1IEdbEi_b3wa6gl_zNs8uBJjSS-86d4b7bW098/htmlview?pru=AAABdJy-keg*h6HfWPe6IhFSVAy53UNvDw



STANDARD

ANSI/ASHRAE Standard 62.1-2019
(Supersedes ANSI/ASHRAE Standard 62.1-2016)
Includes ANSI/ASHRAE addenda listed in Appendix O

Ventilation for Acceptable Indoor Air Quality

See Appendix O for approval dates by ASHRAE and the American National Standards Institute.

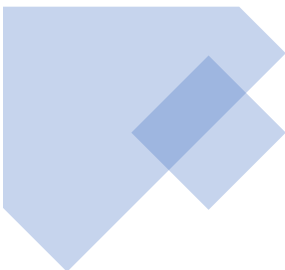
This Standard is under continuous maintenance by a Standing Standard Project Committee (SSPC) for which the Standards Committee has established a documented program for regular publication of addenda or revisions, including procedures for timely, documented, consensus action on requests for change to any part of the Standard. Instructions for how to submit a change can be found on the ASHRAE® website (www.ashrae.org/continuous-maintenance).

The latest edition of an ASHRAE Standard may be purchased from the ASHRAE website (www.ashrae.org) or from ASHRAE Customer Service, 1791 Tullie Circle, NE, Atlanta, GA 30329-2305. E-mail: orders@ashrae.org. Fax: 678-539-2129. Telephone: 404-636-8400 (worldwide), or toll free 1-800-527-4723 (for orders in US and Canada). For reprint permission, go to www.ashrae.org/permissions.

© 2019 ASHRAE ISSN 1041-2336



<https://www.ashrae.org/technical-resources/bookstore/standards-62-1-62-2>



ASHRAE				
		cfm/person	cfm/sq ft	Default occupancy (per 1000 sq ft)
Classrooms	5-8 year olds	10	0.12	25

https://docs.google.com/spreadsheets/u/1/d/1NEhk1IEdbEi_b3wa6gl_zNs8uBJjSS-86d4b7bW098/htmlview?pru=AAABdJy-keg*h6HfWPe6IhFSVAy53UNvDw



The Delta variant spreads easily in indoor spaces when people are unmasked and unvaccinated





Occasionally unmasked adult infected with Delta variant worked for 2 days



12 of 24 kids infected



Schools can help stop spread by ensuring everyone:

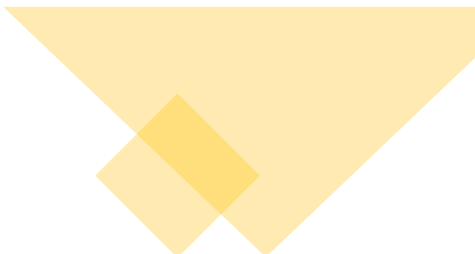
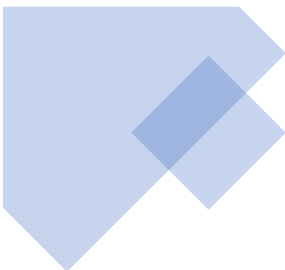
-  **Wears masks correctly** in indoor spaces
-  **Gets vaccinated**, if eligible
-  **Stays home** if having symptoms
-  **Tests routinely**



bit.ly/MMWR82721b

MMWR

<https://www.cdc.gov/mmwr/volumes/70/wr/mm7035e2.html>



ASHRAE				
		cfm/person	cfm/sq ft	Default occupancy (per 1000 sq ft)
Classrooms	5-8 year olds	10	0.12	25

https://docs.google.com/spreadsheets/u/1/d/1NEhk1IEdbEi_b3wa6gl_zNs8uBJjSS-86d4b7bW098/htmlview?pru=AAABdJy-keg*h6HfWPe6IhFSVAy53UNvDw



$$\frac{(cfm * 60)}{V} = ACH$$

1000	sqft room*		
cfm	cfm/person		ACH
370.0	14.8		2.8
*assumes 8 foot ceiling			

$$\frac{(cfm * 60)}{V} = ACH$$

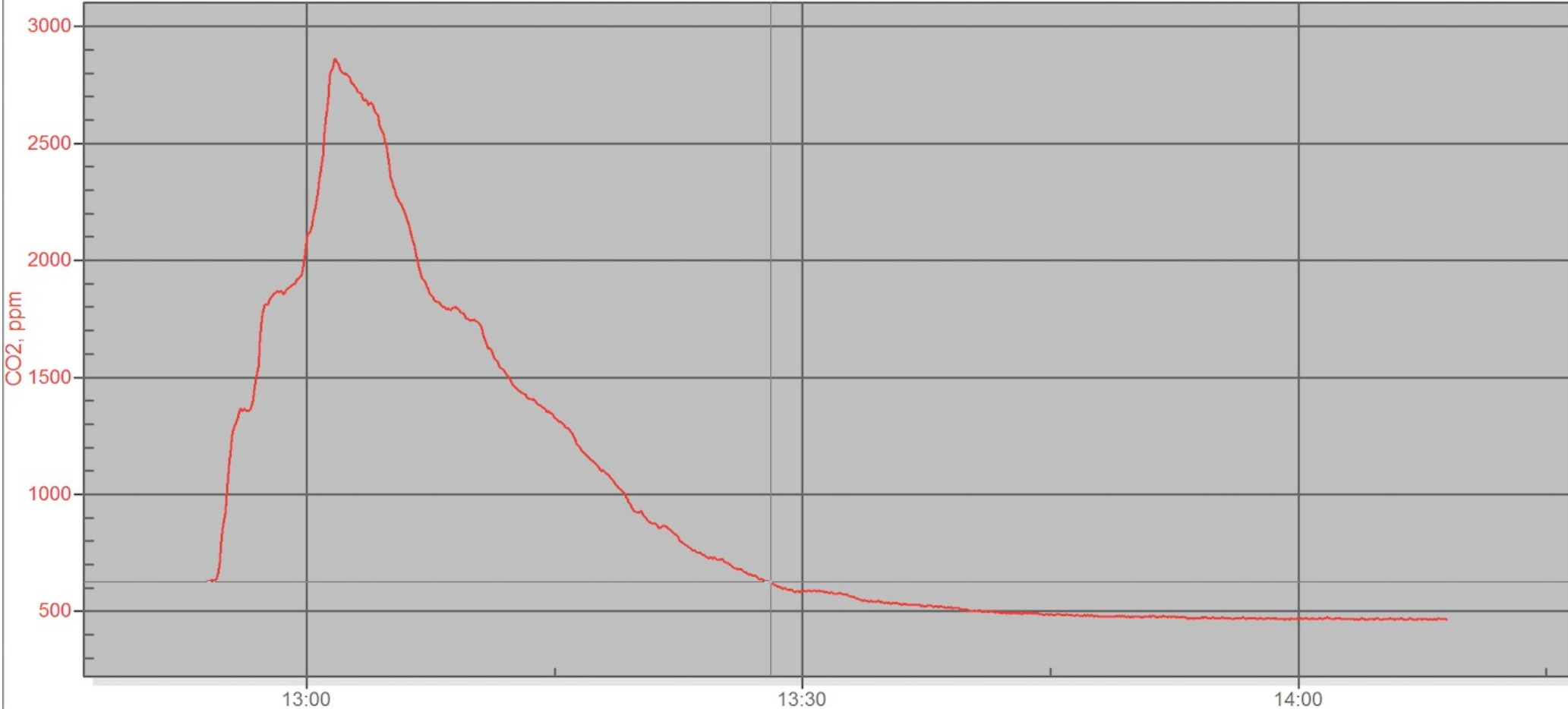
$$\frac{(370 * 60min)}{8ft * 1,000sq ft} = 2.8 ACH$$

ASHRAE				
		cfm/person	cfm/sq ft	Default occupancy (per 1000 sq ft)
Classrooms	5-8 year olds	10	0.12	25

1000 sqft room*			
cfm	cfm/person		ACH
370.0	14.8		2.8
*assumes 8 foot ceiling			

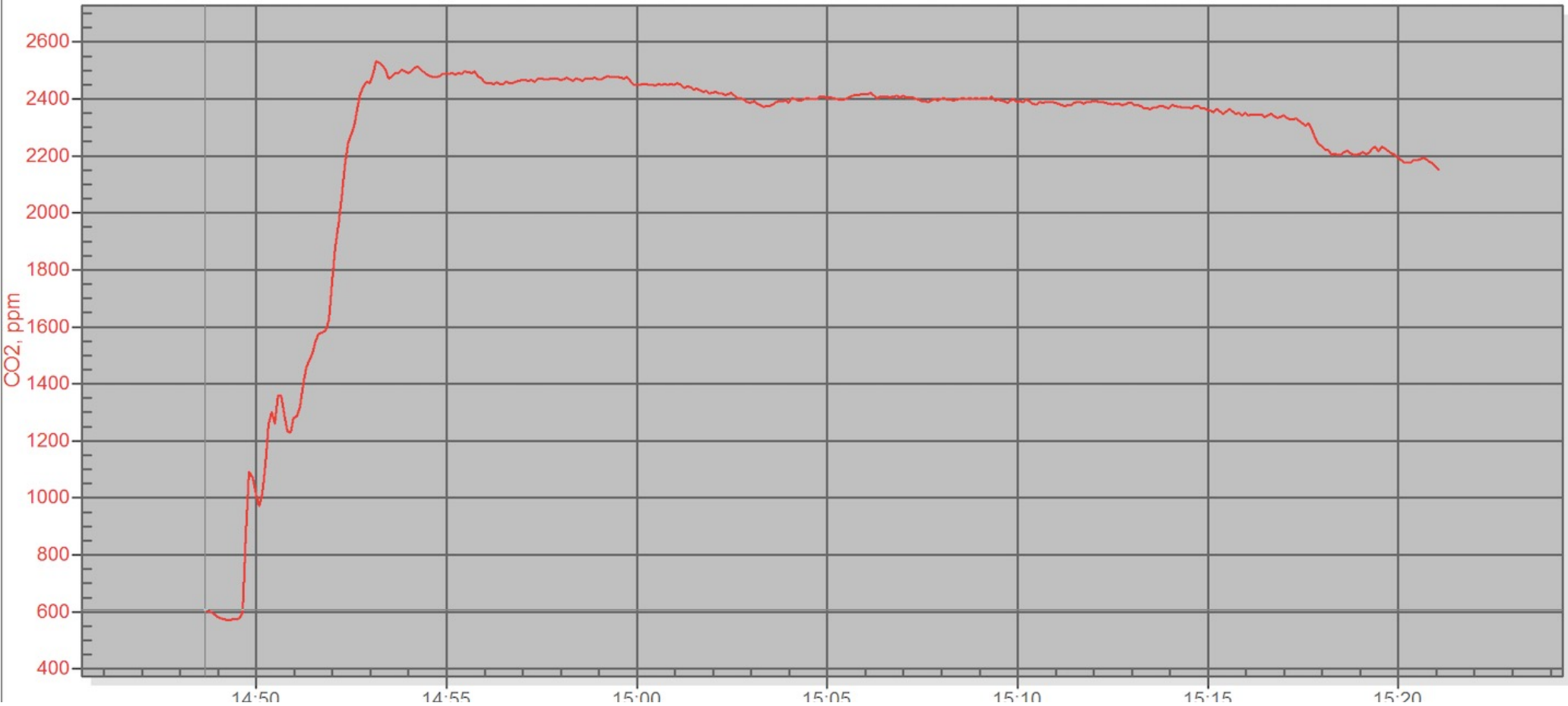
CO₂ CONCENTRATION IN ROOM WITH WINDOWS OPEN

~2.5 ACH (Air Changes/Hour)



CO2 Concentration in Room with no HVAC, No Windows

~0.4 ACH (Air Changes/Hour)



Clinical Infectious Diseases

MAJOR ARTICLE



OXFORD

Effectiveness of 3 Versus 6 ft of Physical Distancing for Controlling Spread of Coronavirus Disease 2019 Among Primary and Secondary Students and Staff: A Retrospective, Statewide Cohort Study

Polly van den Berg,^{1,○} Elissa M. Schechter-Perkins,^{2,○} Rebecca S. Jack,³ Isabella Epshtein,⁴ Richard Nelson,^{5,6} Emily Oster,^{3,7} and Westyn Branch-Elliman^{4,8,9,○}

<https://academic.oup.com/cid/advance-article/doi/10.1093/cid/ciab230/6167856?searchresult=1>

They found!

“Student case rates were similar in the 242 districts with ≥ 3 versus ≥ 6 ft of physical distancing between students”

“Cases among school staff in districts with ≥ 3 versus ≥ 6 ft of physical distancing were also similar”

“Ventilation interventions were highly heterogeneous...”

Ventilation
Interventions
in MA Cohort
Study

Opening windows

HEPA filters

HVAC upgrades

Classrooms moved outdoors

Epidemic Conditions in Place



Equivalent Outdoor Air Continued:

Assumptions:

Q_R is the recirculated air

ACH_e is the air changes of equivalent outdoor air

ACH_{oa} is the air changes of outdoor air

ACH_f is the equivalent outdoor air changes due to filtration (assumed new filters that are well installed)

$ACH_{e,c}$ is the equivalent outdoor air changes due to the air cleaner after the effect of the filter

Q_R is the recirculated air

$Q-e$ is the equivalent outdoor air flow rate

$Q-e,f$ is the equivalent outdoor air flow rate from the filter

$Q-e,f+c$ is the equivalent outdoor air flow rate from the air cleaner (after it went across the filter)

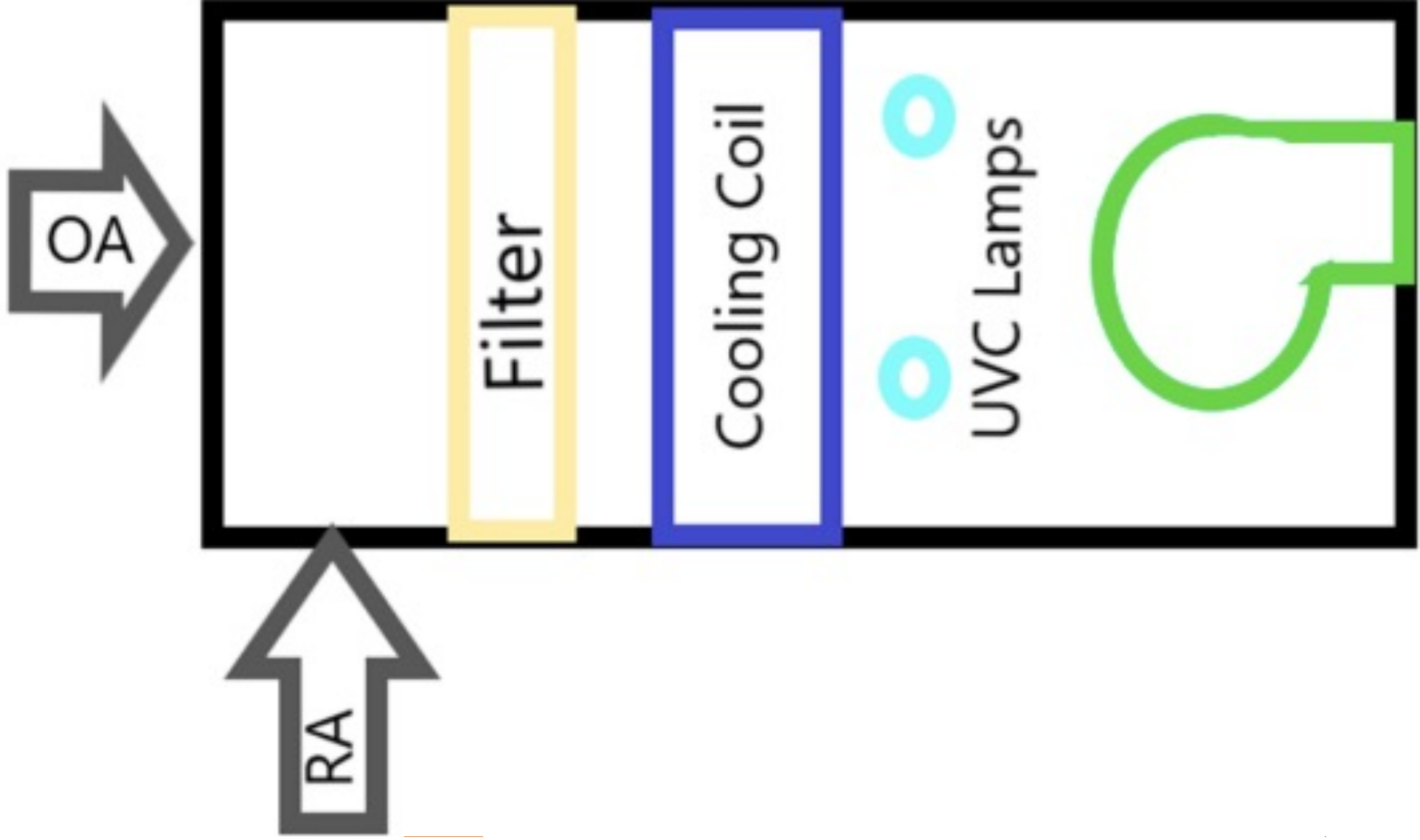
E_z = zone air distribution effectiveness (From Std 62.1 Table 6-4)

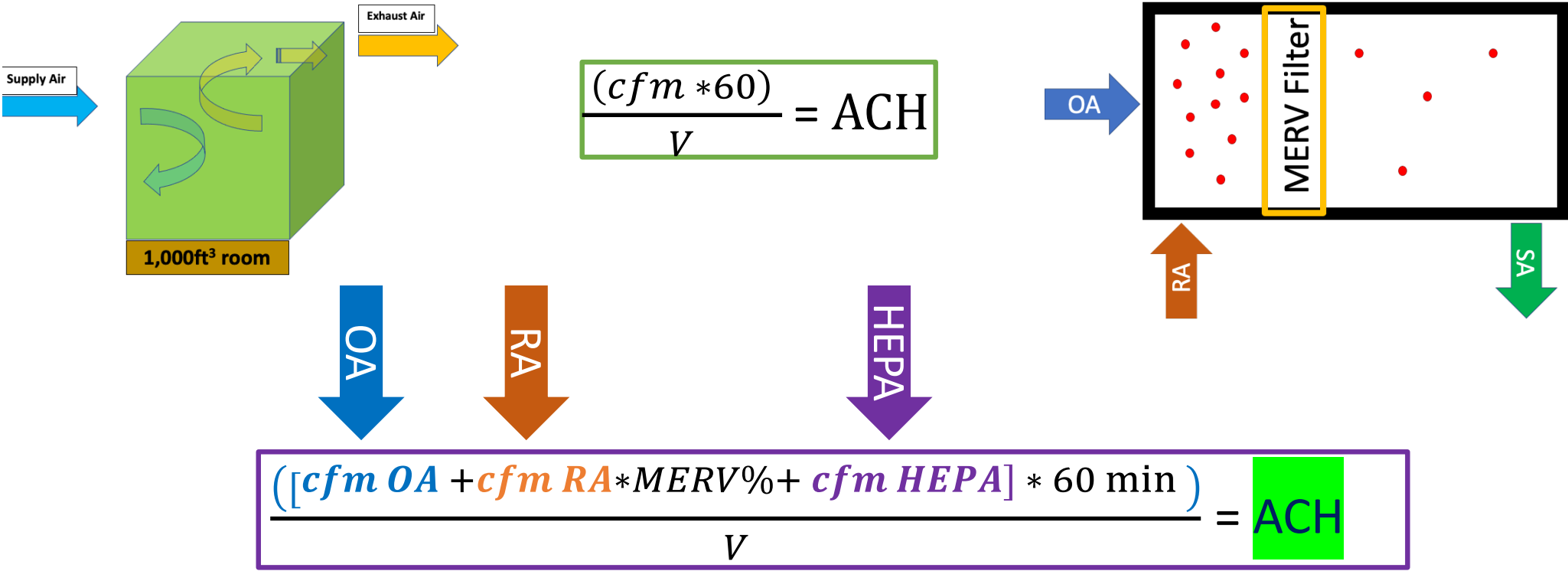
η_f is the efficiency of filter

η_c is the efficiency of the air cleaner

η_T is the total efficiency of the series of devices

<https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-building-readiness.pdf>





cfm = cubic feet per minute

ACH = Air Changes per Hour

MERV = Minimum Efficiency Reporting Value

OA = Outside Air

RA = Return Air

SA = Supply Air

$$TOTAL\ SA = cfm\ OA + cfm\ RA$$



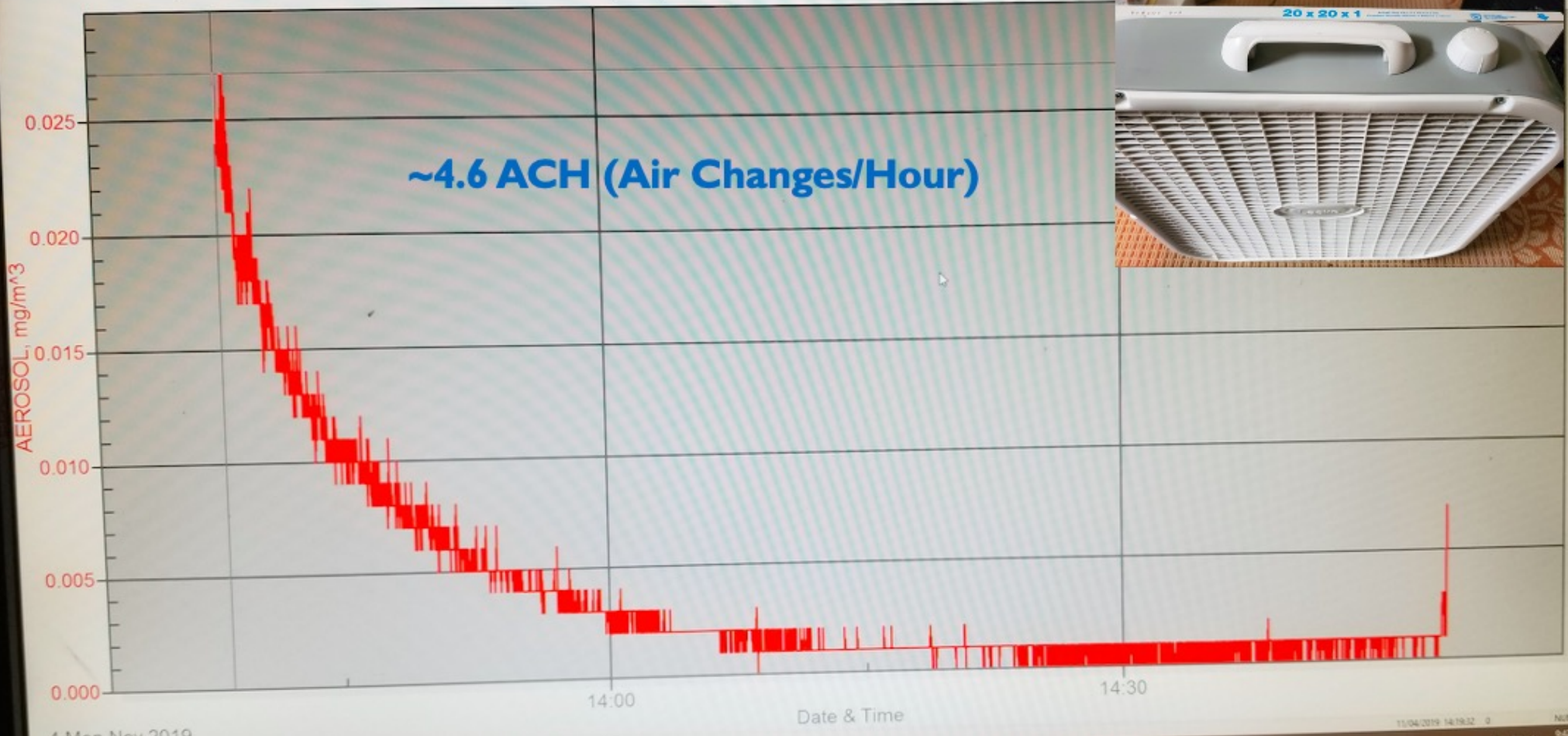
Source: *Central Coast Alliance United for a Sustainable Economy*



[Agricultural workers face wildfire smoke in Sonoma County - IG post](#)


MERV 13 DIY Box Fan Filter running in small bedroom during wildfire season (PM 2.5)

~4.6 ACH (Air Changes/Hour)



MERV Rating (Based on 52.2-2017)	E1 (%)	E2 (%)	E3 (%)
4	10.3	29.9	11.9
5	8.0	28.0	33.0
6	7.8	30.0	43.5
7	10.8	36.6	55.6
8	15.1	51.6	73.7
9	17.8	52.4	84.8
10	16.6	59.0	86.7
11	33.9	69.4	90.1
12	37.6	86.1	99.8
13	66.3	92.4	97.8
14	81.4	96.6	99.3
15	86.4	97.8	99.1
16	95.0	98.0	98.0

<https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-building-readiness.pdf>

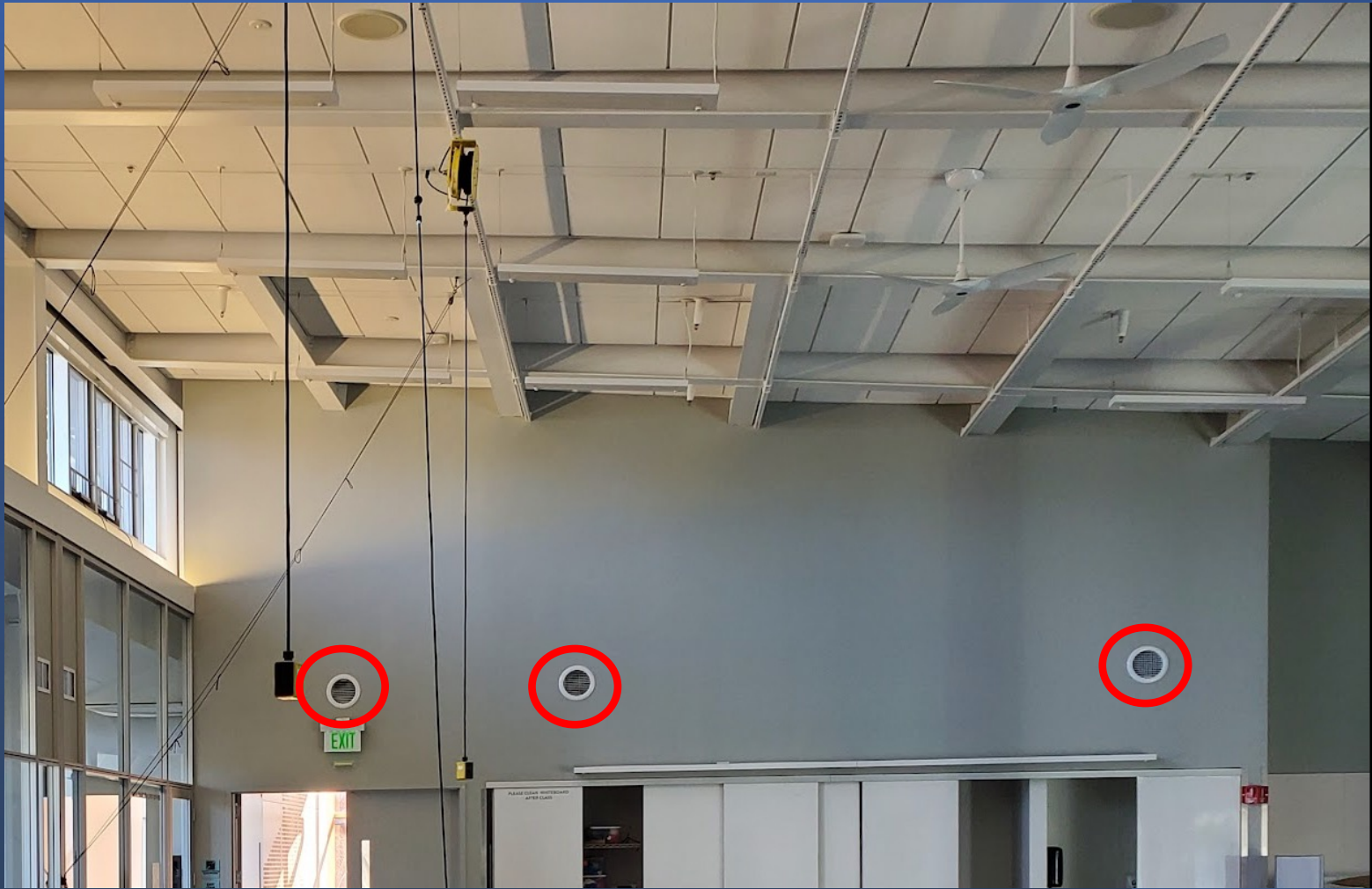


MERV	(μm) PSE (%)	0.30-1.0	1.0-3.0	3.0-10
13		62	87	95

The image features a stack of books on a wooden desk. The top book is open, showing its pages. Above the books, various mathematical symbols and icons are floating in the air, including plus signs, question marks, the Greek letter sigma, and the letter X. The background is a blurred bookshelf filled with books. The overall scene is warm and academic.

Part 3: The Study!





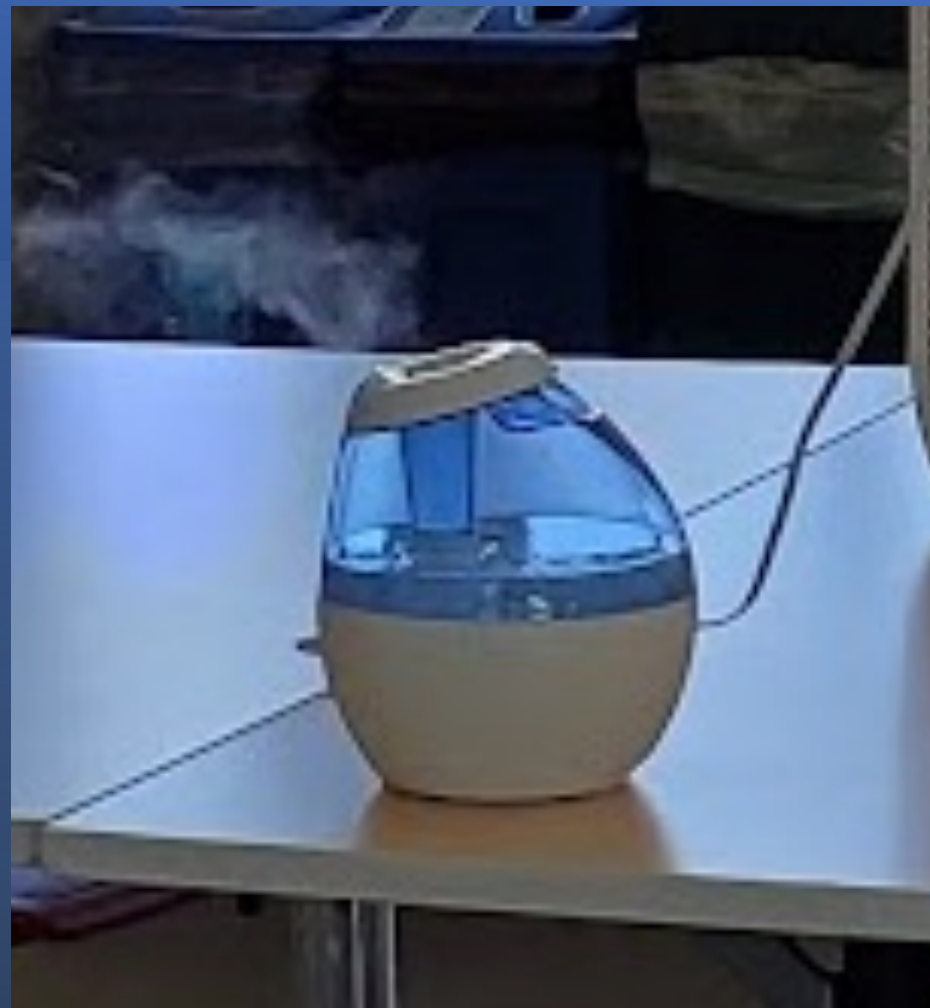
















VAV-3-1 (RM310)

51.0 °C
50.0 °C

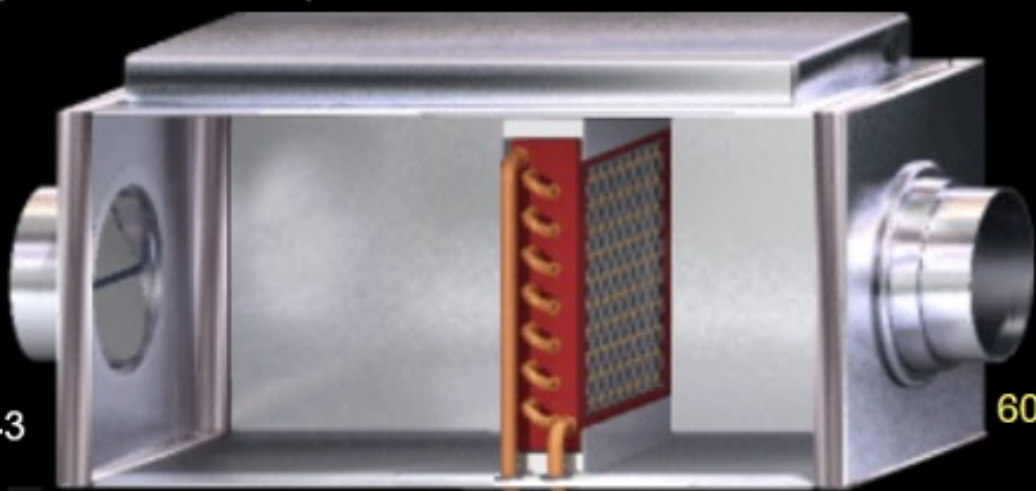
Actual Flow 602 cfm

Flow Setpoint 600 cfm

Damper Pos 34 %Open

- Desi
- Cooling
- Heating
- Occupied
- Unoccupied
- Aux Heat

52.2 °F AH



AHU-1/EF-3

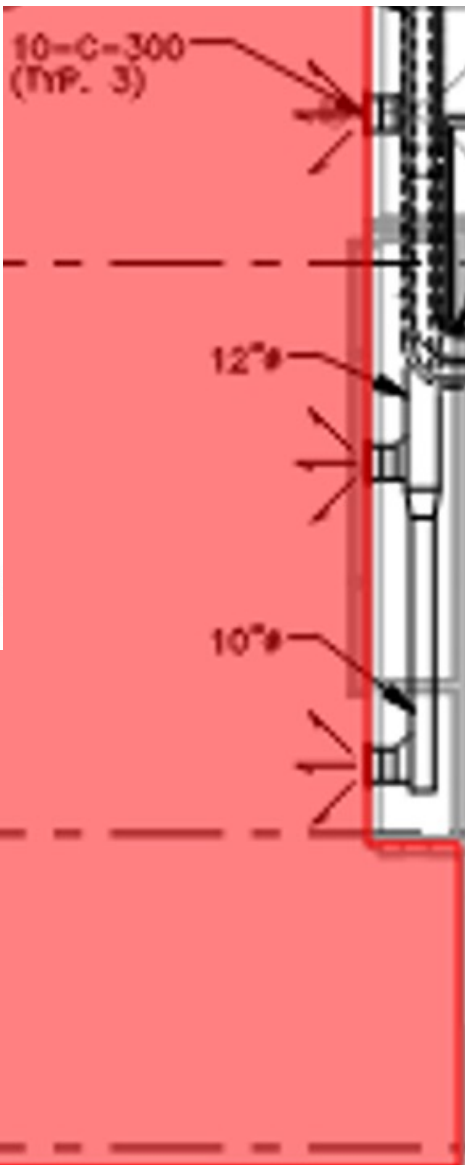
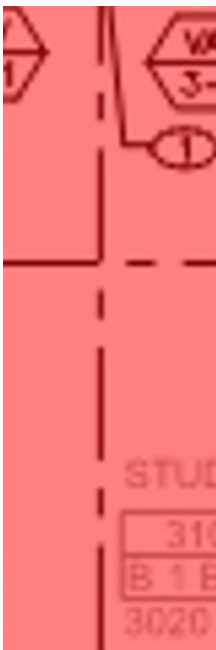
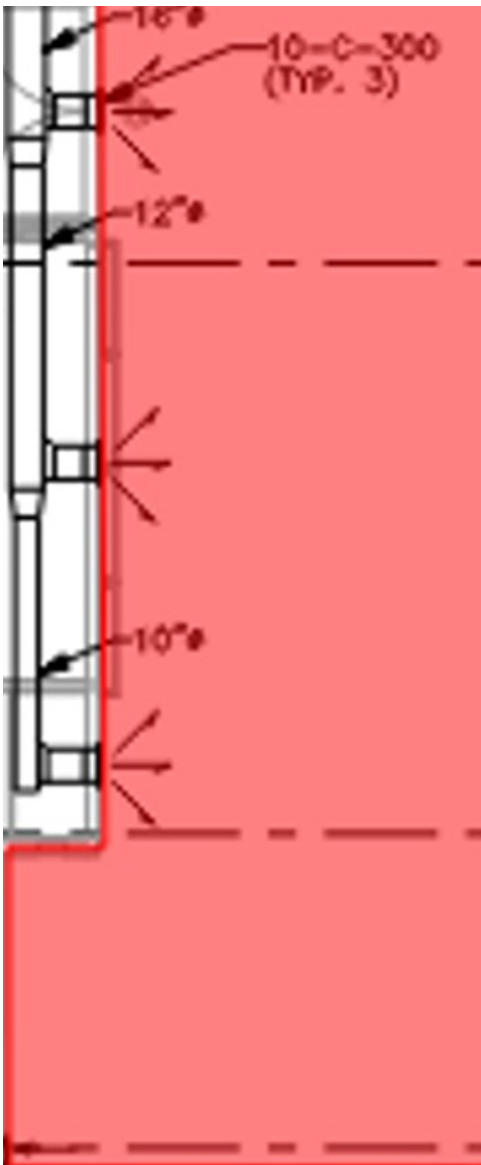
60.3 °F DA

32
%open
HW

ests
sts 0
sts 0
sts 0

x 90.0 %





20"x20"x1" MERV 13 filter

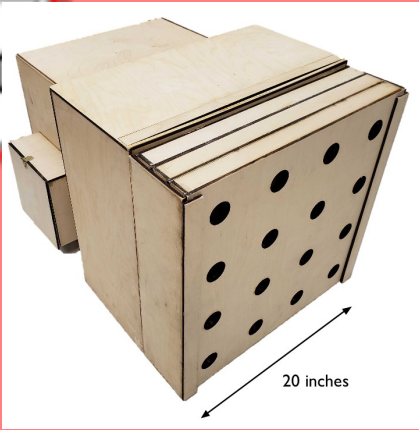
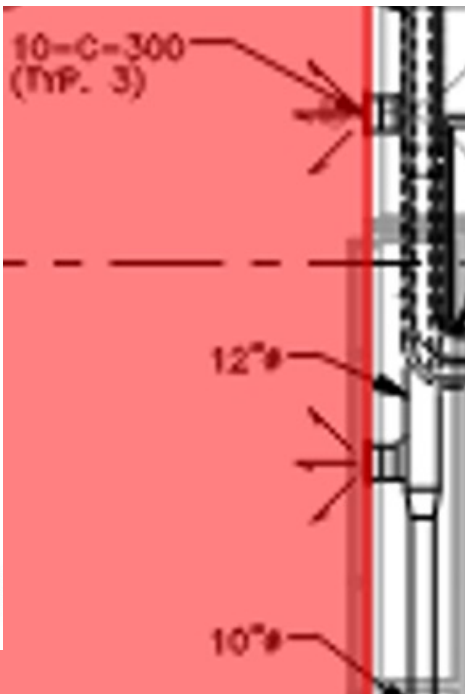
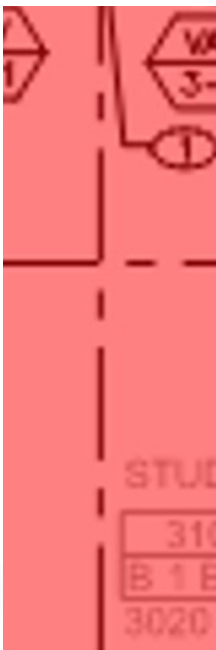
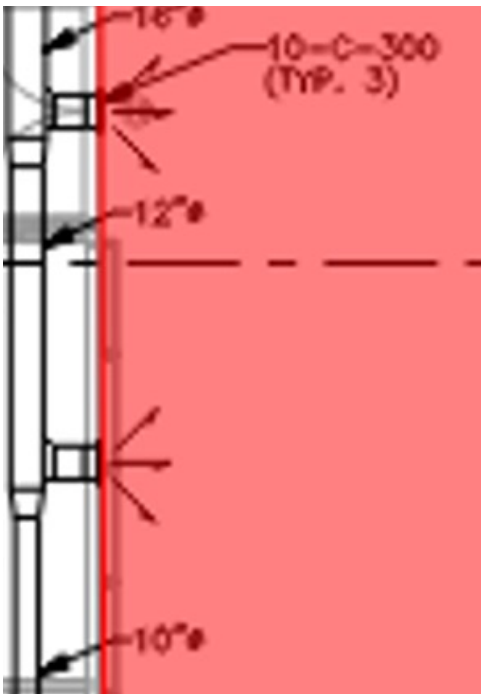
Custom plywood frame, fabricated in
Jacobs Hall

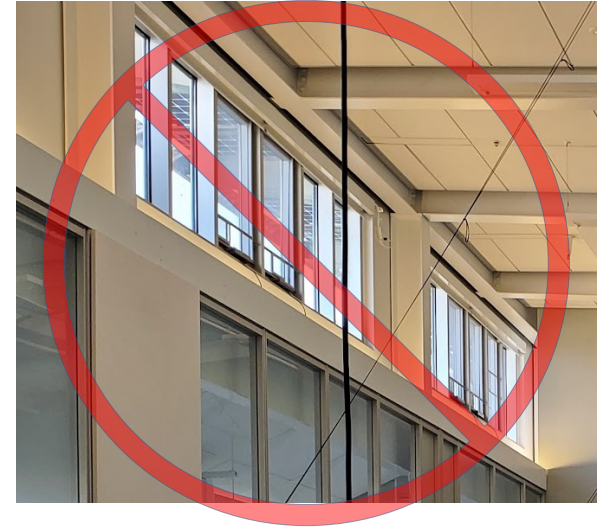
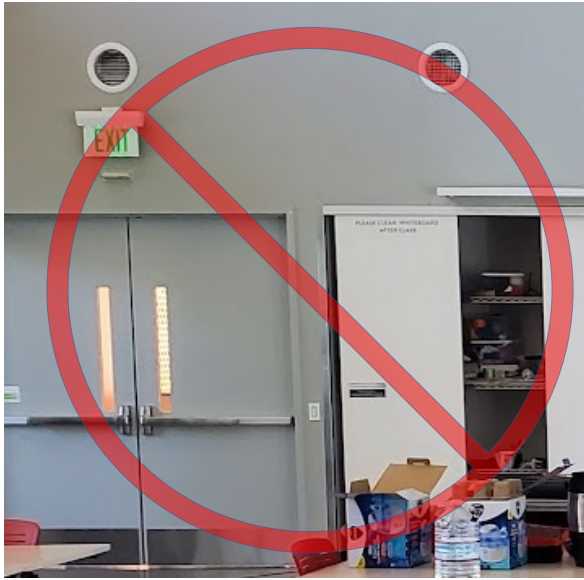
Total air flow rate with filter and
acoustic crystal installed ~ 410 cfm



Taylor Lab Bear Air Unit, 2021

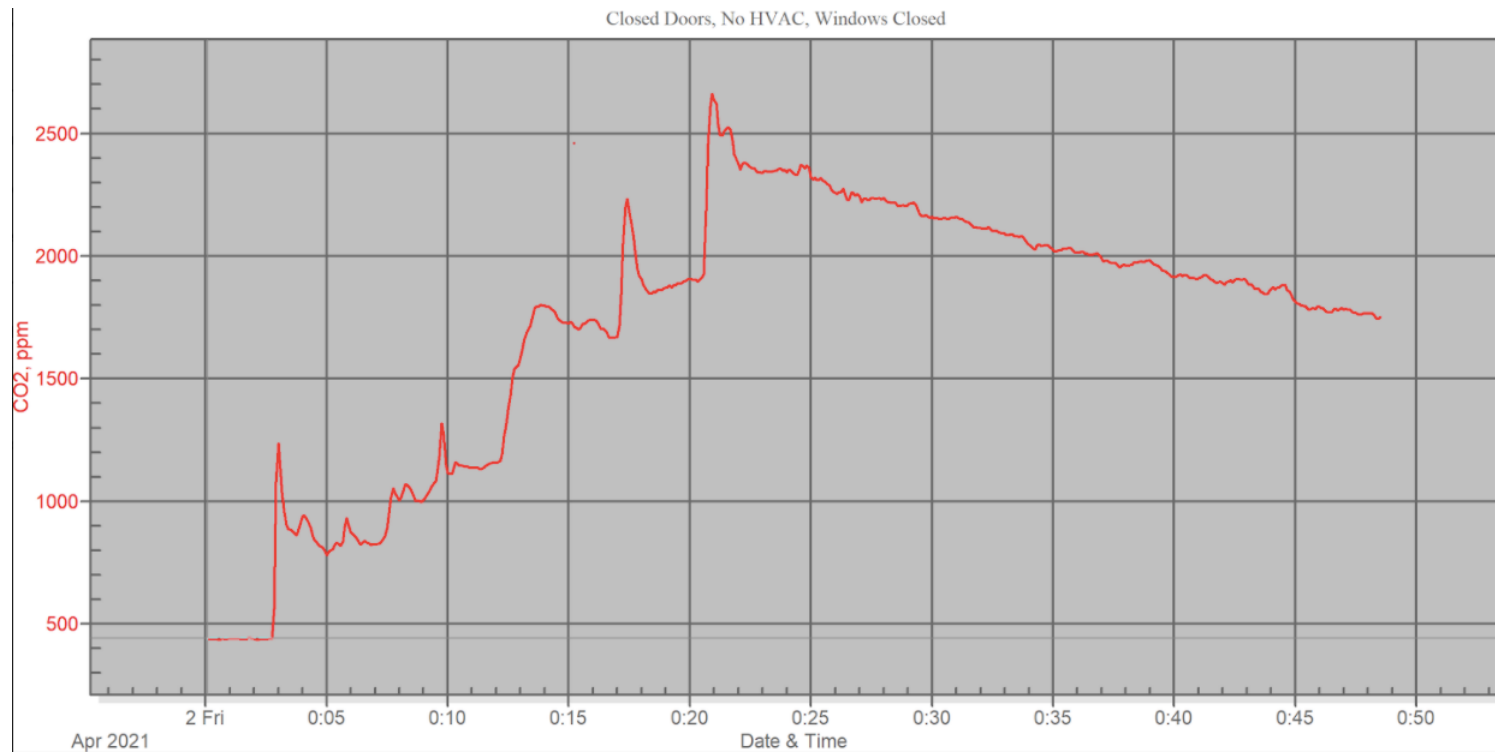
MERV: Minimum Efficiency Reporting Value



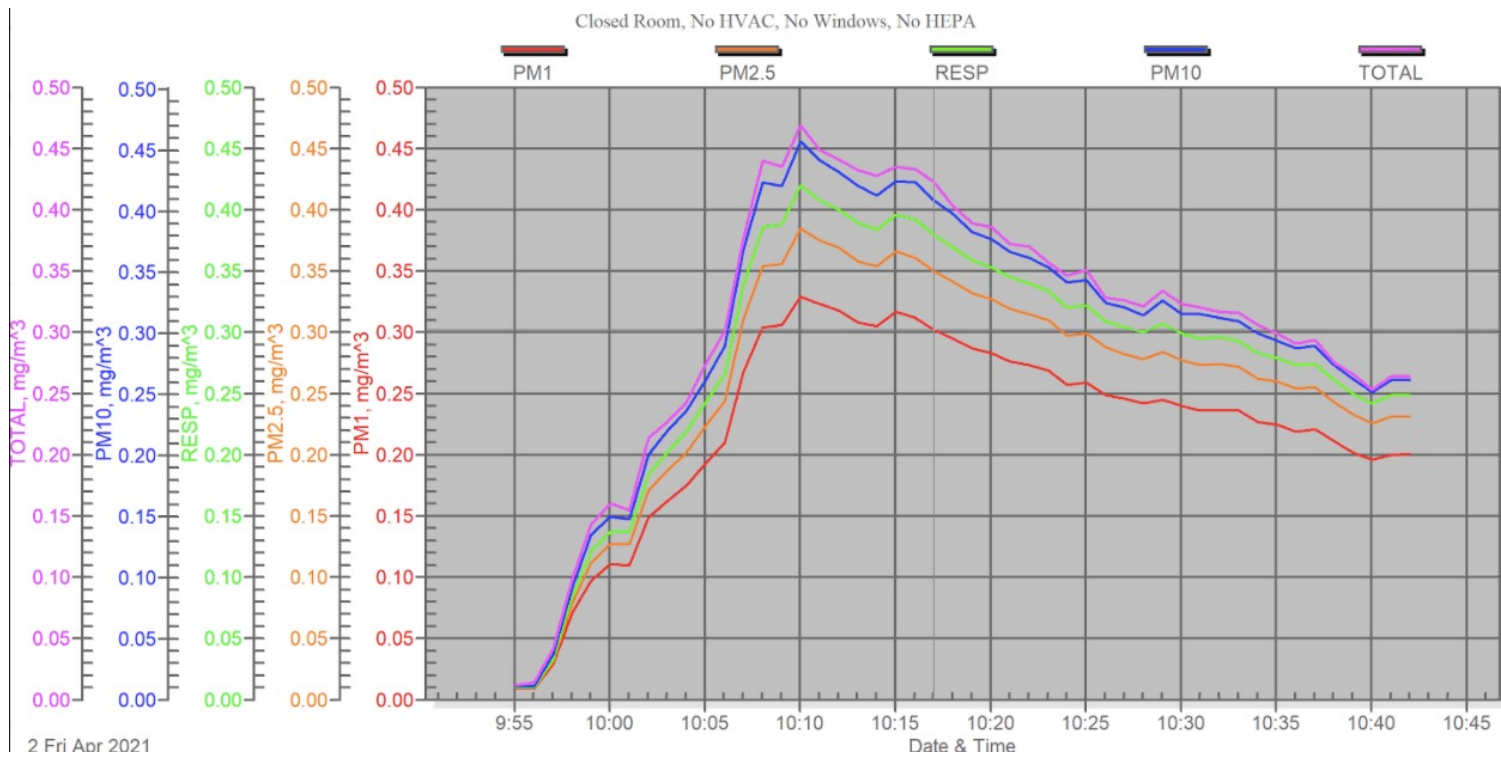


Baseline Test: Closed Room, No HEPA, No Windows

0.7 ACH



0.8 ACH



So How do you calculate ACH with CO₂ or PM_{2.5} Decay?

- Question 1: How many Air Changes per Hour with Natural Ventilation?

- Do the math!!!

$$\text{ACH} = [\ln(C_1/C_2)] * 60/t$$

C_1

C_2

t

1. Airborne Contaminant Removal

$$ACH = [\ln(C1/C2)] * 60/t$$

Table B.1. Air changes/hour (ACH) and time required for airborne-contaminant removal by efficiency *

ACH \leq ¶	Time (mins.) required for removal 99% efficiency	Time (mins.) required for removal 99.9% efficiency
2	138	207
4	69	104
6+	46	69
8	35	52
10+	28	41
...

$$t_2 - t_1 = - [\ln (C_2 / C_1) / (Q / V)] \times 60, \text{ with } t_1 = 0$$

<https://www.cdc.gov/infectioncontrol/guidelines/environmental/appendix/air.html>

$$\text{ACH} = [\ln(C_1/C_2)] * 60 / t$$

For 99% Efficiency

$C_1 = 100\%$

$C_2 = 1\%$

ACH	Time (mins.) required for removal 99% efficiency
2	138

<https://www.cdc.gov/infectioncontrol/guidelines/environmental/appendix/air.html>

Calculating Exponential Decay with Phone Calculator

Android



Apple



Calculating Exponential Decay with Phone Calculator

Android

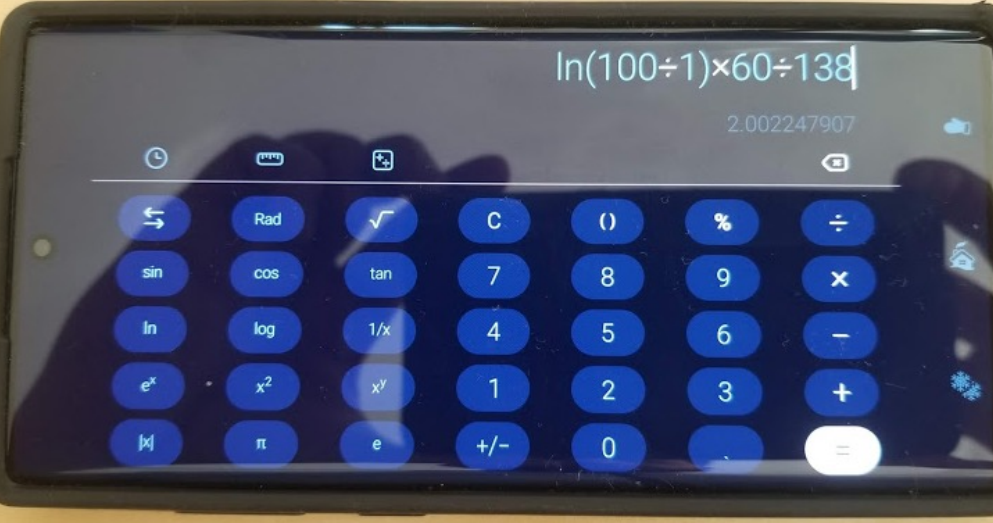


Apple



Calculating Exponential Decay with Phone Calculator

Android



Apple



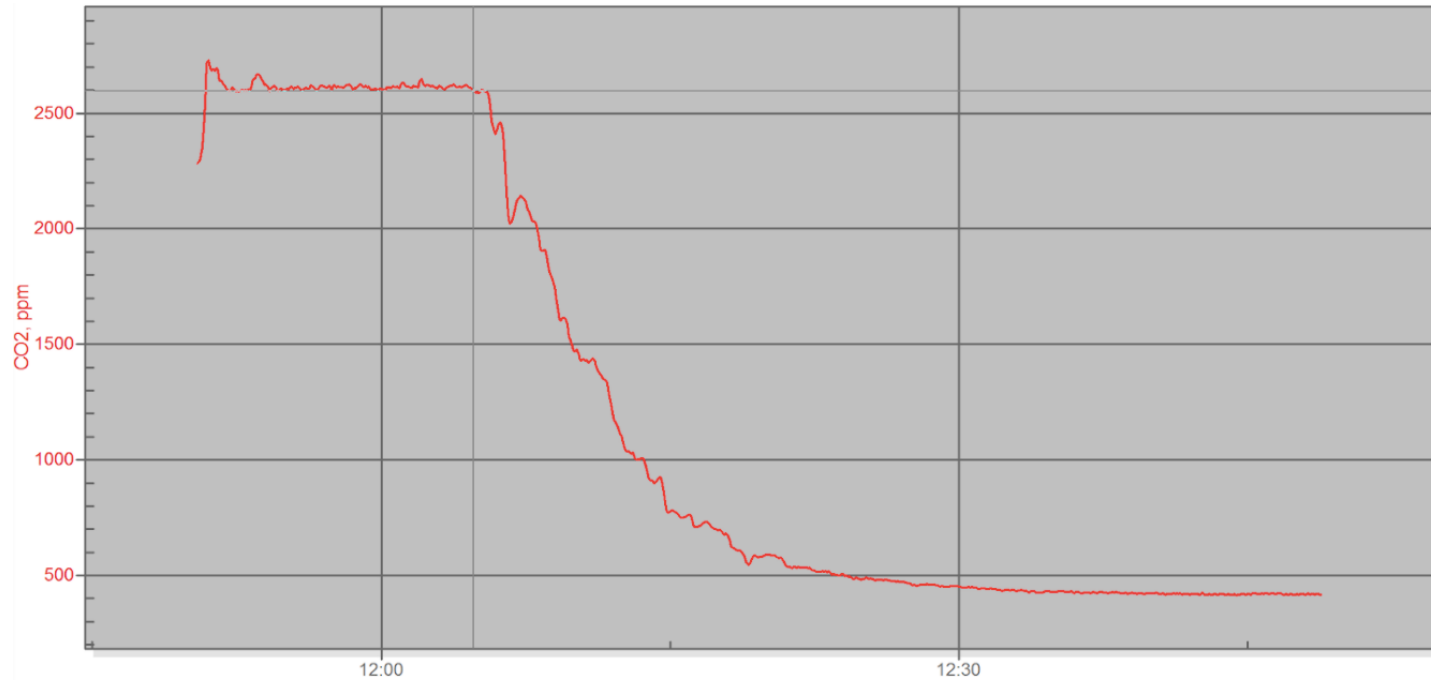
$$\text{ACH} = [\ln(C_1/C_2)] * 60/t$$

For 99% Efficiency

$C_1 = 100\%$

$C_2 = 1\%$

ACH	Time (mins.) required for removal 99% efficiency
2	138



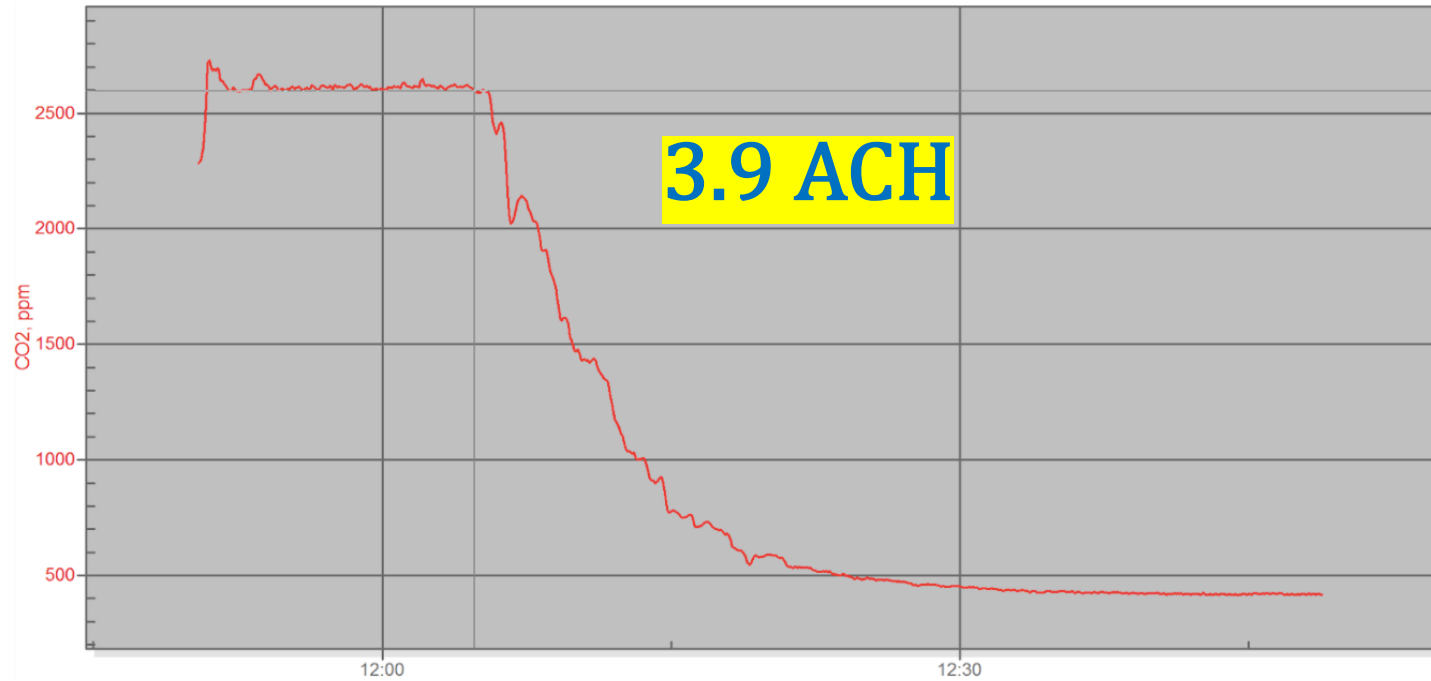
$C_1 = 2410$ ppm

$C_2 = 440$ ppm

$t = 26$ min

ppm = parts per million

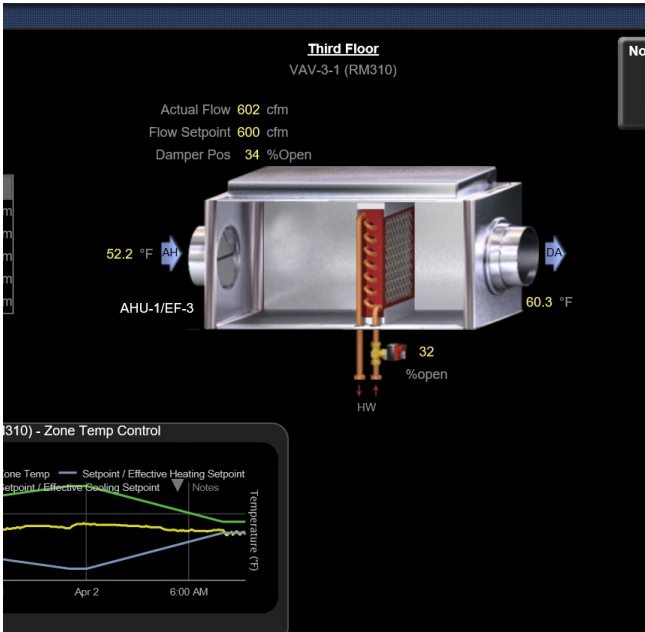
$$\text{ACH} = [\ln(C_1/C_2)] * 60 / t$$



Incorporating Ambient CO₂ May Increase Accuracy for CO₂ ACH calculations

$$ACH = \frac{-1 * \ln\left(\frac{C_{end} - C_{ambient}}{C_{start} - C_{ambient}}\right)}{t_{end} - t_{start}}$$

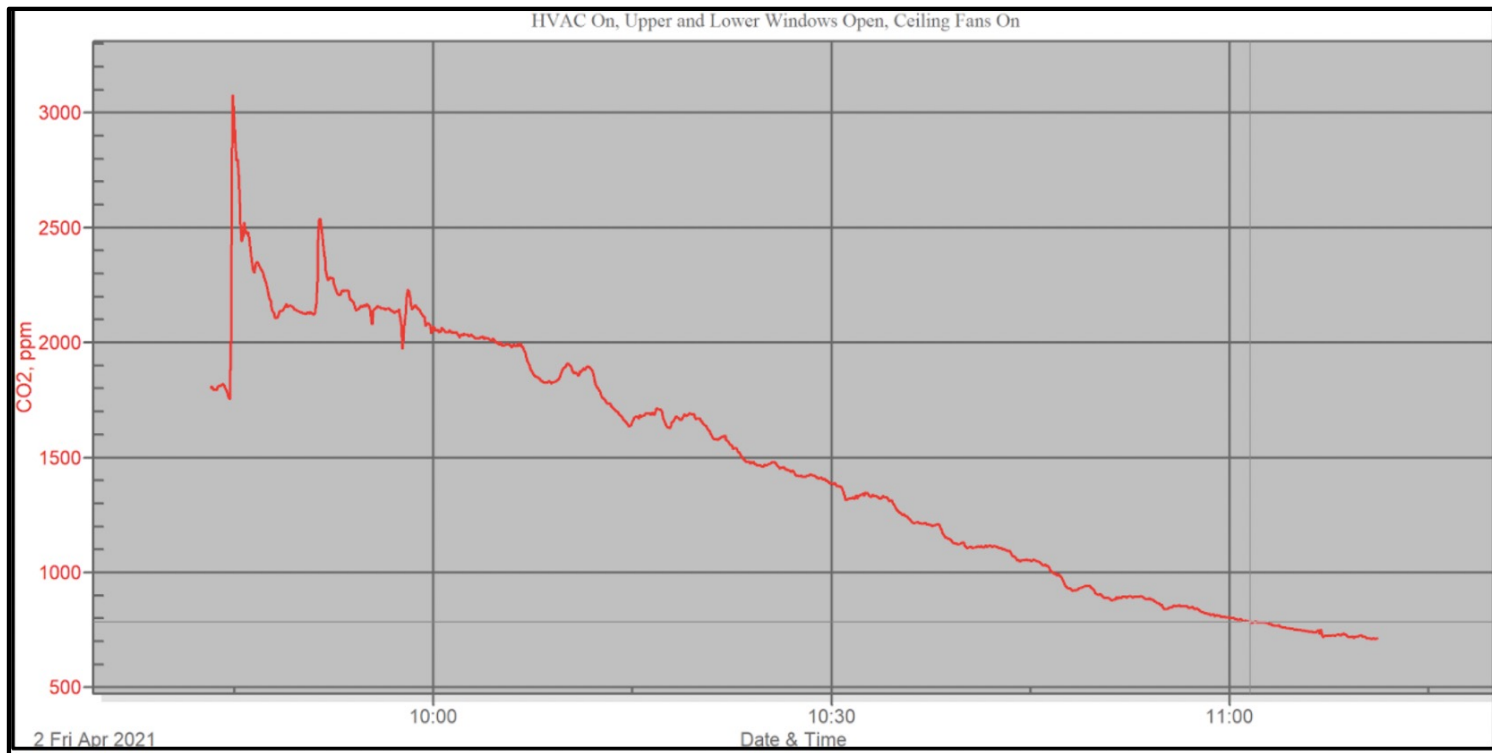
<https://schools.forhealth.org/ventilation-guide/>



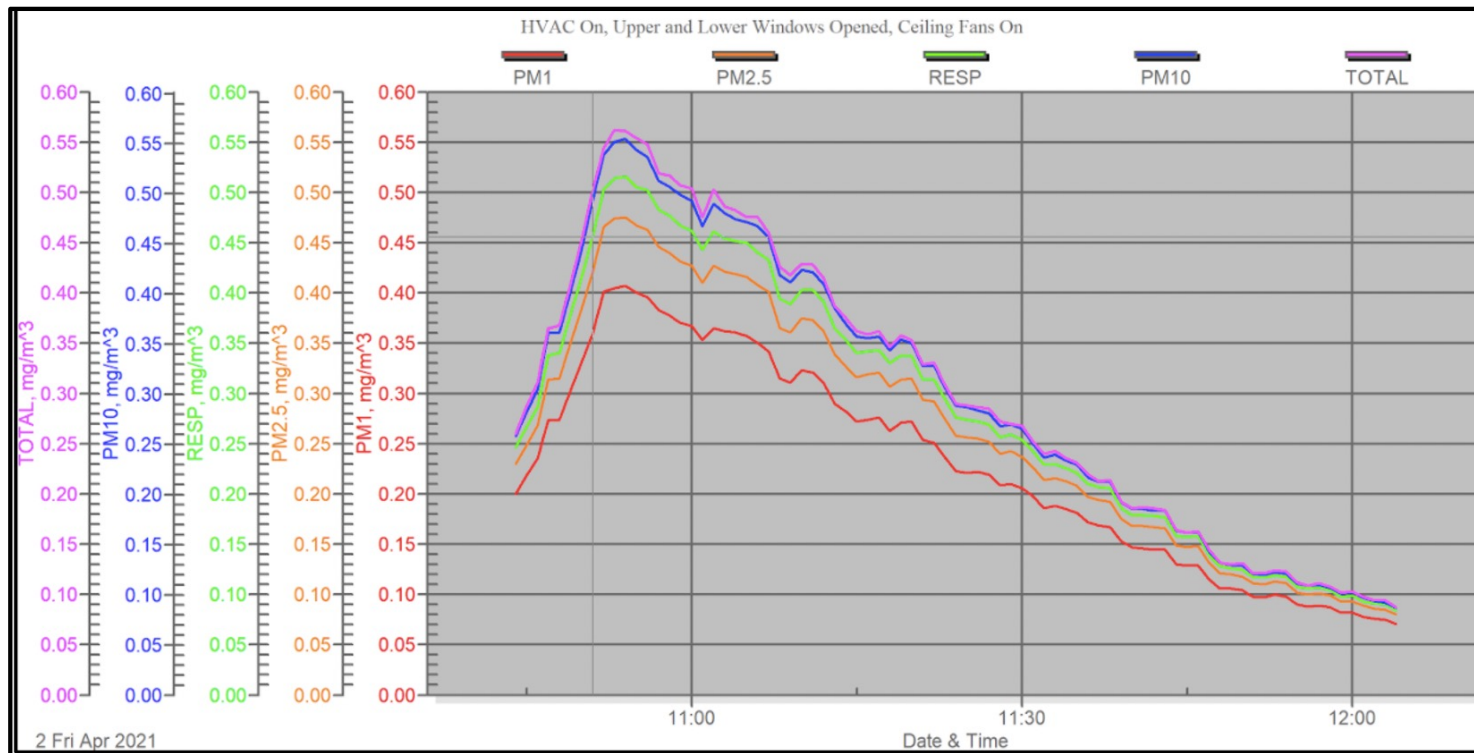
Test 2: HVAC, Windows Open, Ceiling Fans On

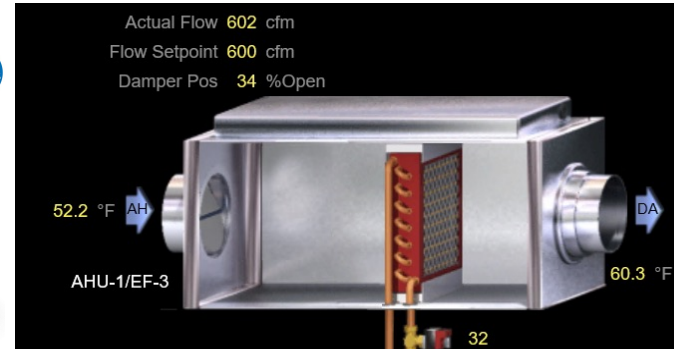
HVAC: Heating, Ventilation, and Air Conditioning

1.1 ACH



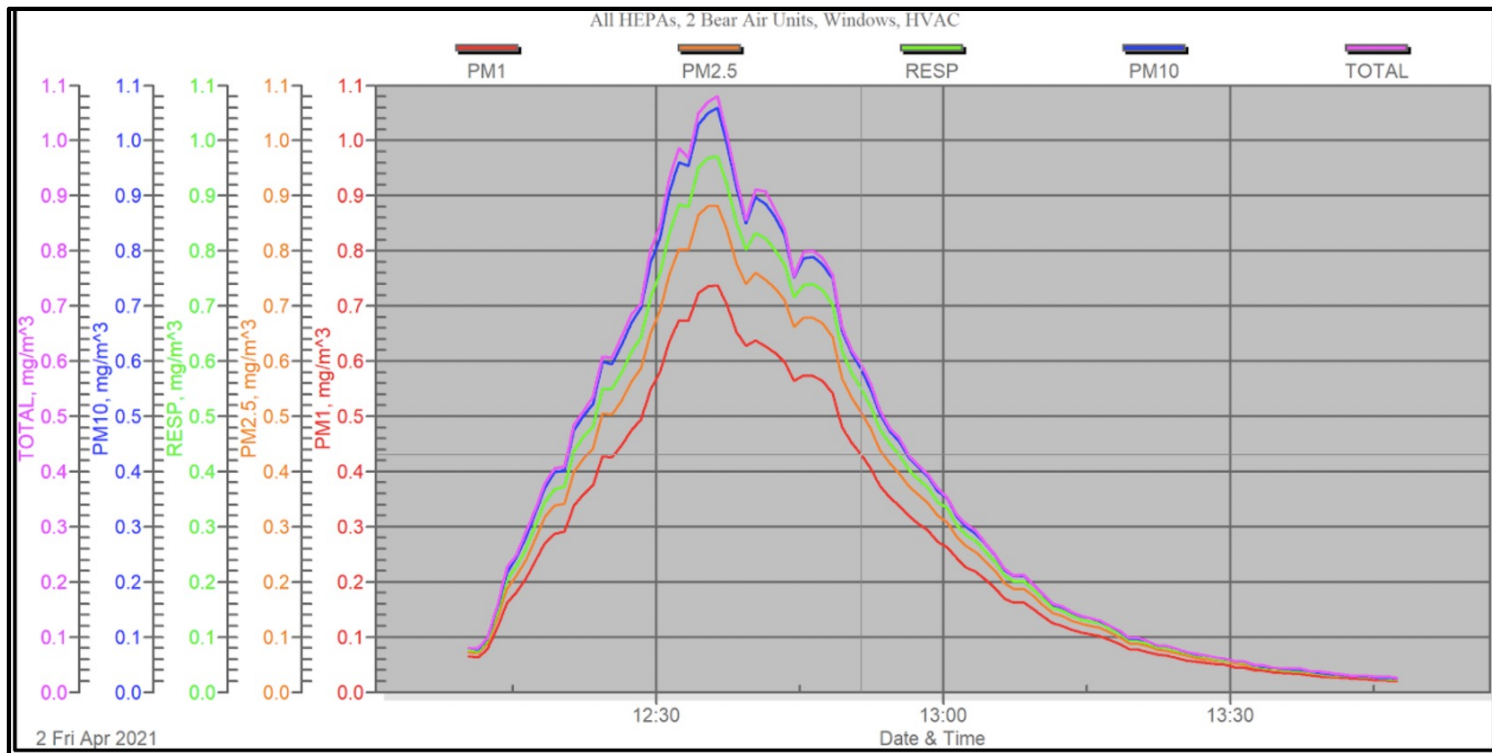
1.4 ACH





“Kitchen Sink” TEST

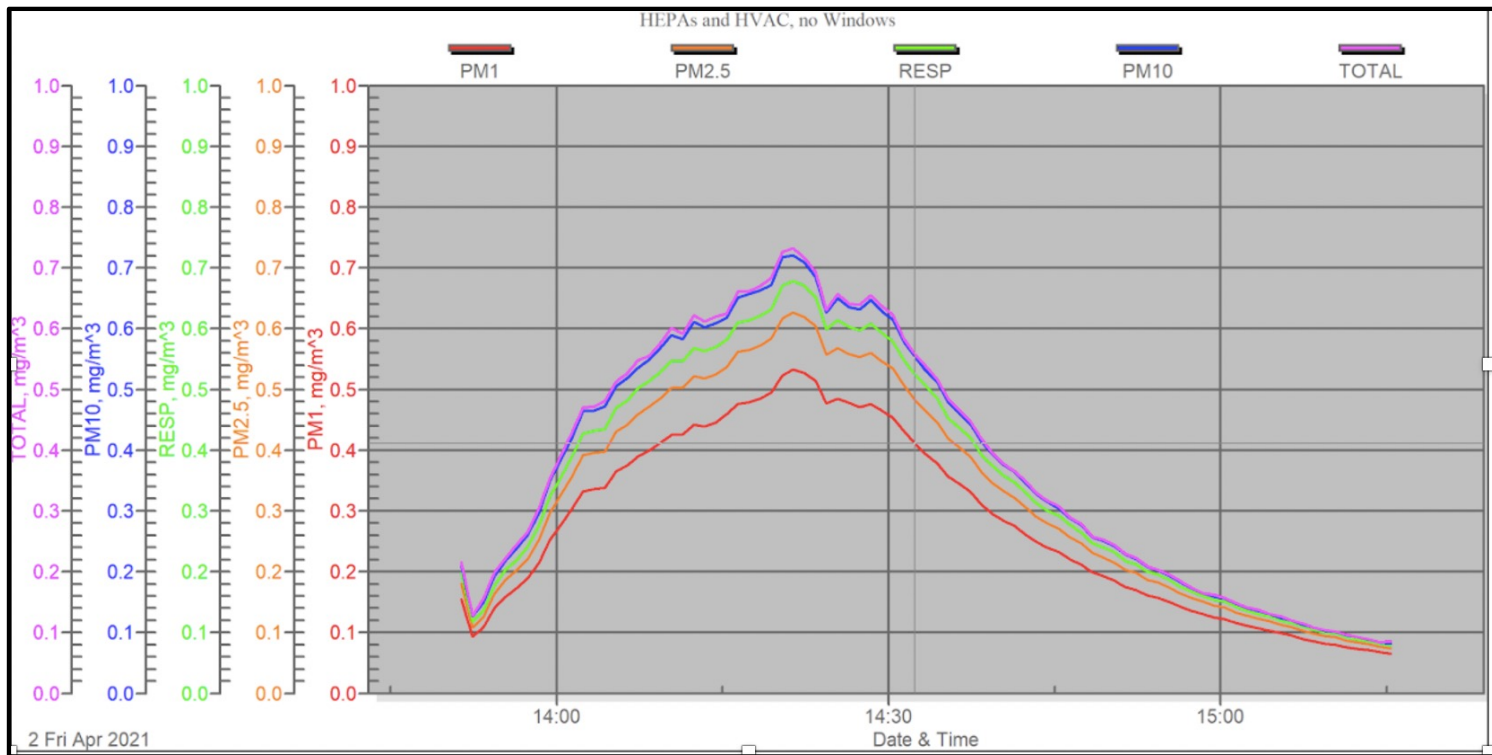
3.0 ACH



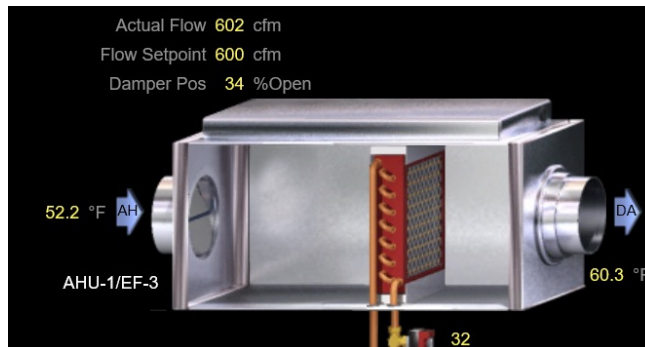
“HVAC/HEPA” TEST



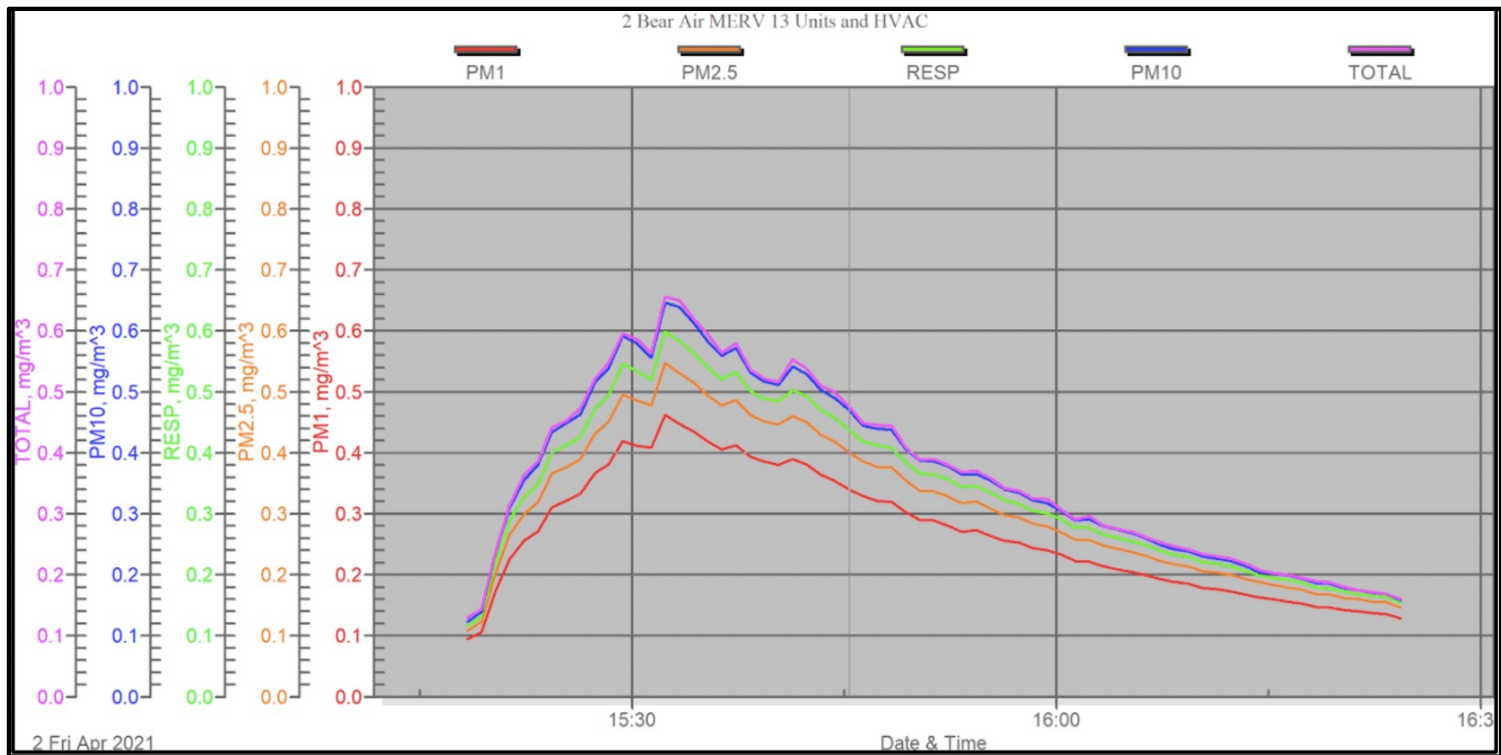
2.6 ACH



“HVAC, Bear Air, and Fans” TEST

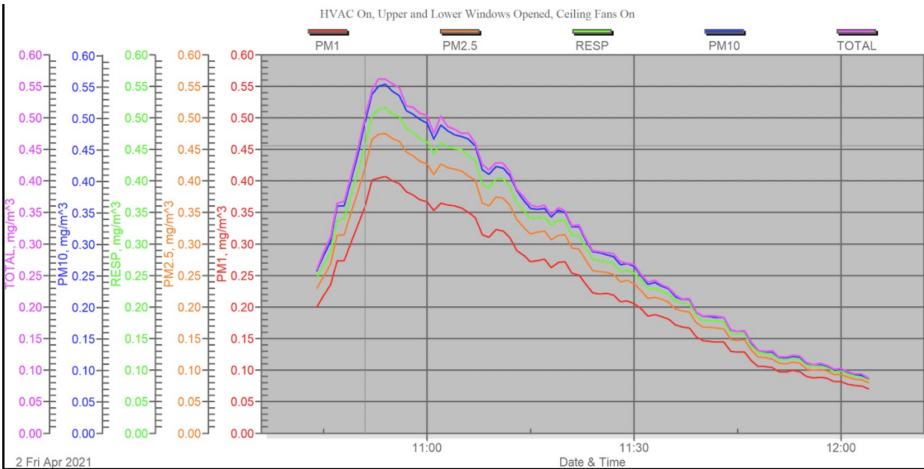
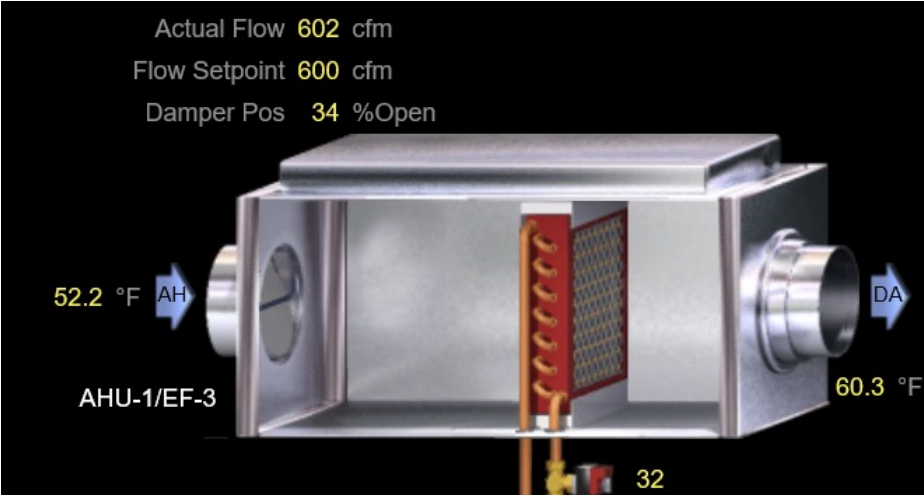


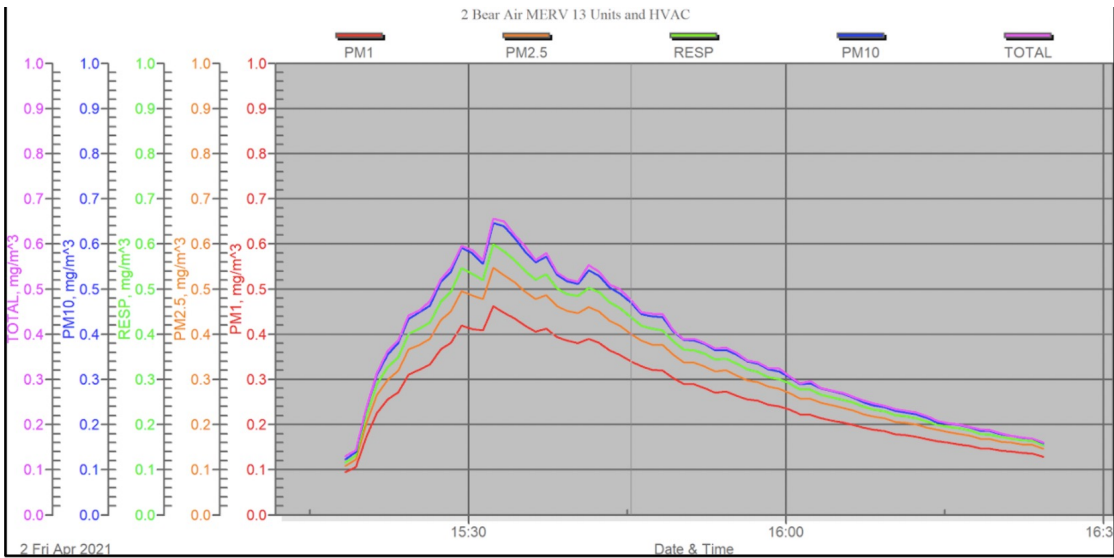
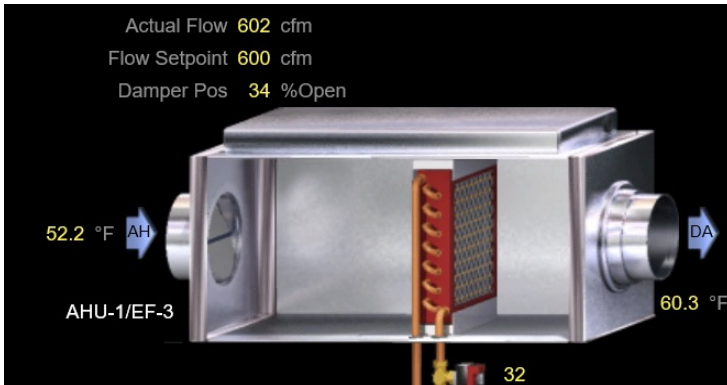
1.8 ACH



Well, does ACH add up?

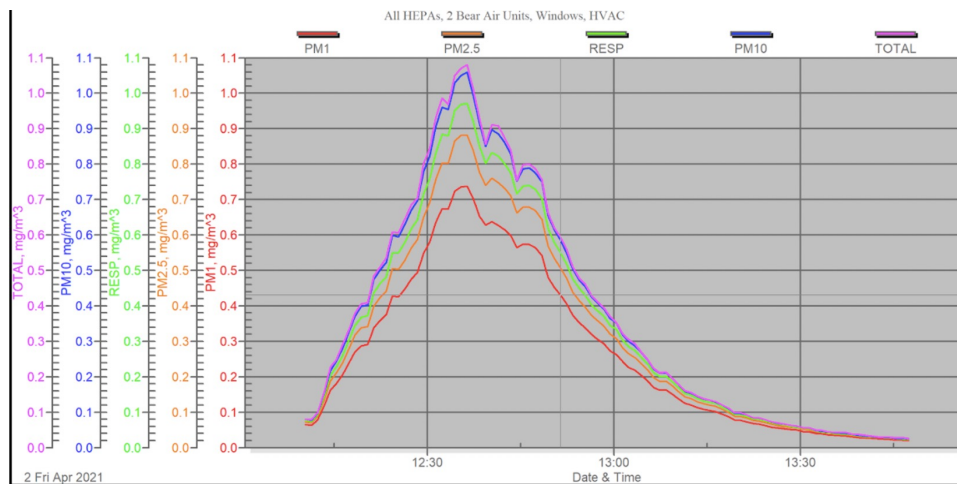
1.4 ACH





1.8 ACH

3.0 ACH



3.0 ACH



0.4 ACH



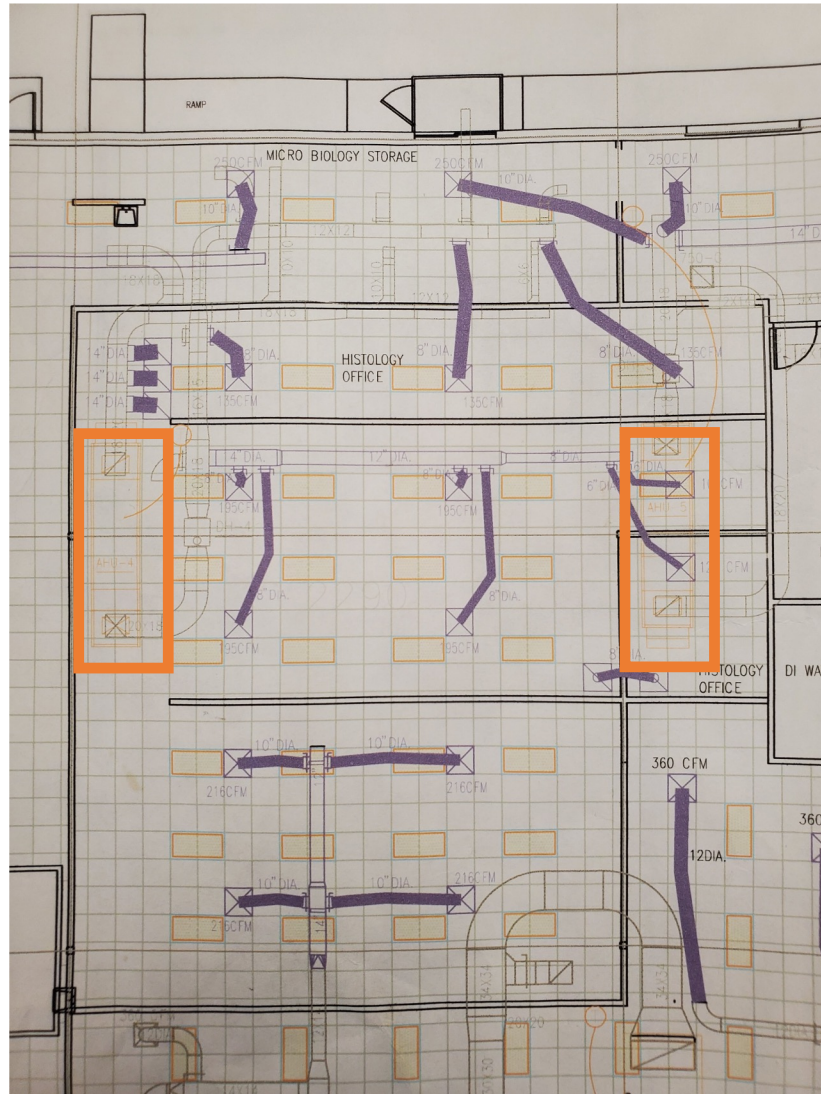
2.6 ACH

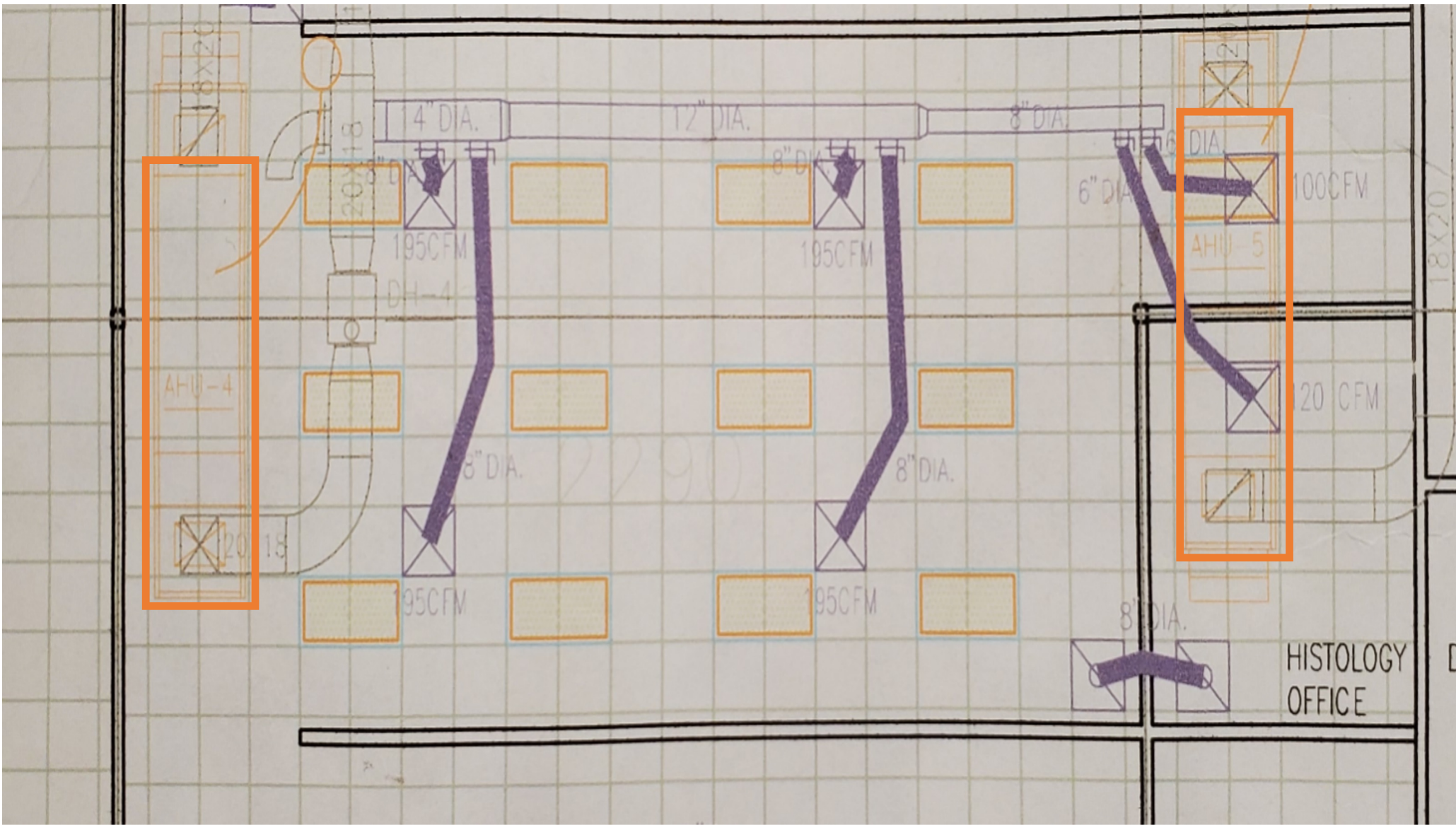


Air Changes Per Hour Calculations

Test	Estimated ACH	CO ₂ ACH	PM 1.0 μ m ACH
1 No HVAC	>1	0.68	0.80
2 HVAC	1.1	1.1	1.4
3 HVAC+HEPA+MERV	4.0	N/A	3.0
4 HVAC+HEPA	3.5	N/A	2.6
5 HVAC+MERV	1.6	N/A	1.8



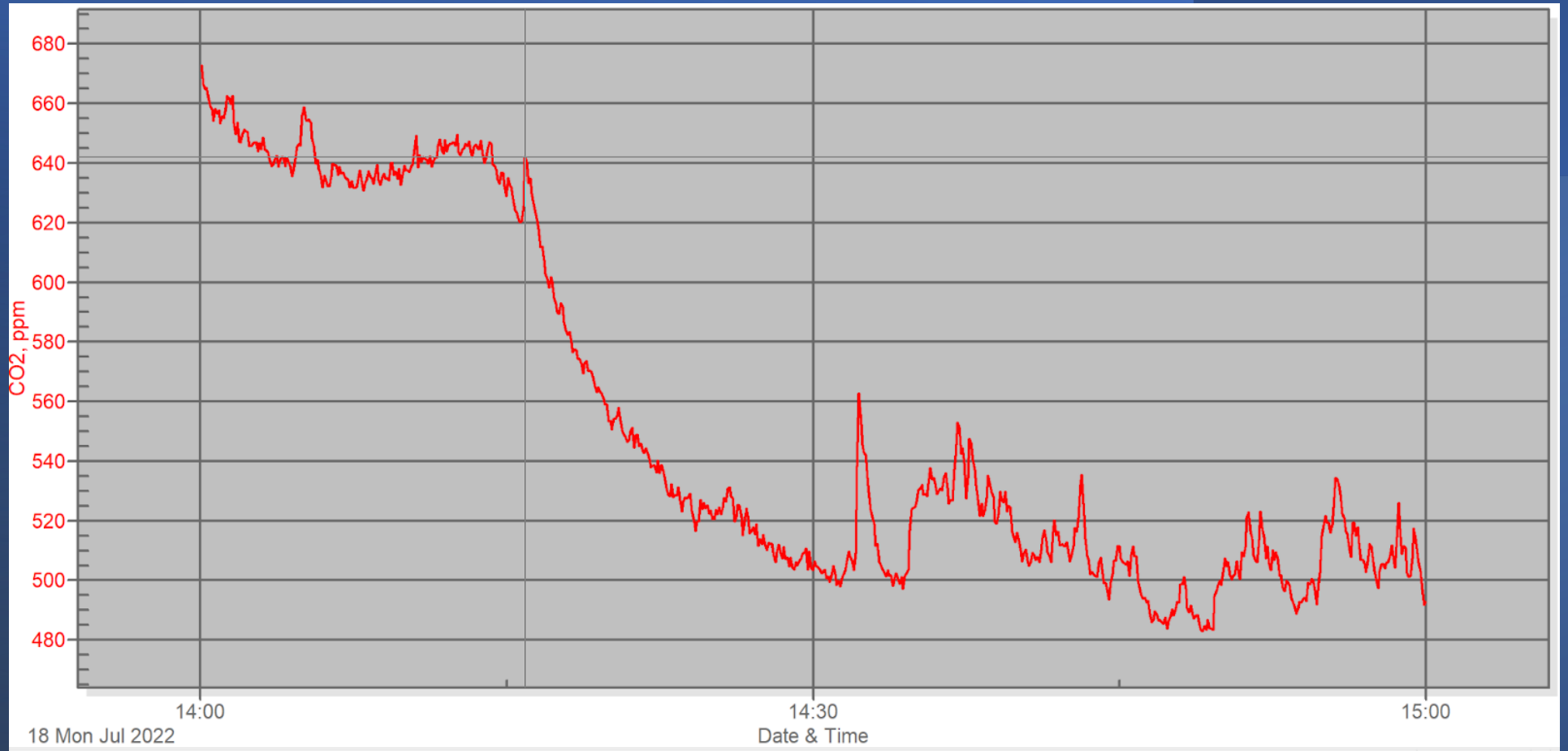


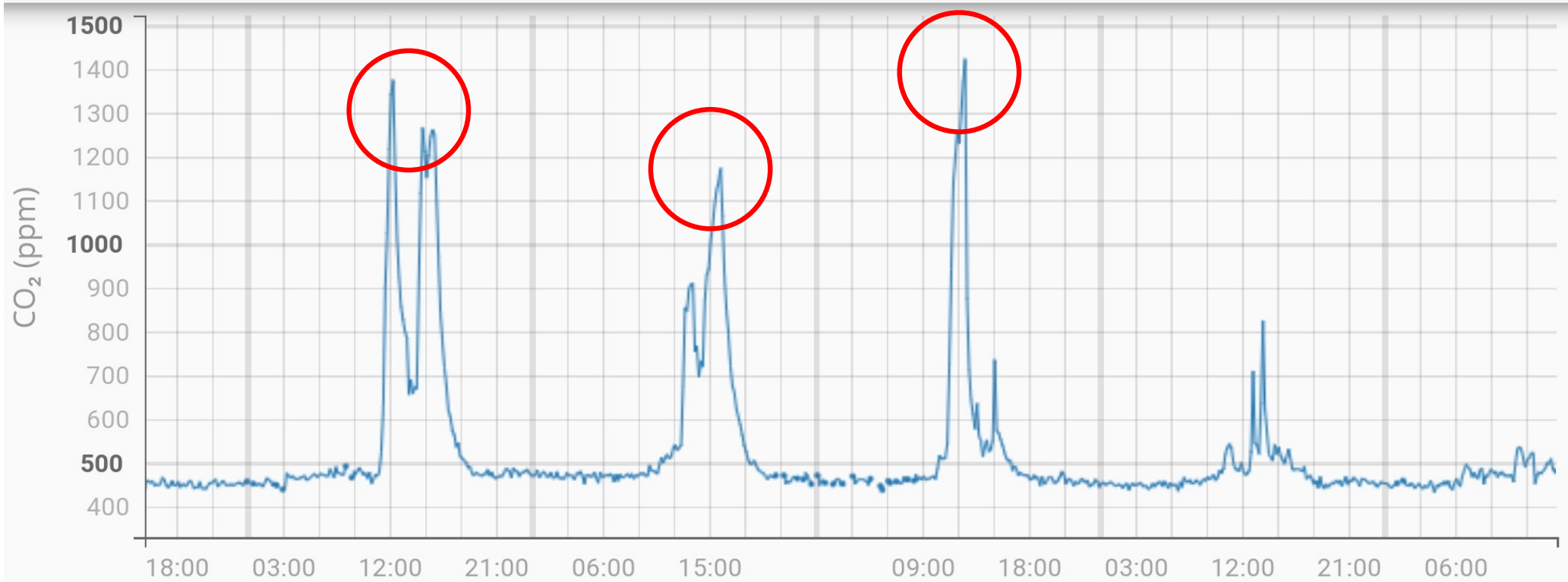


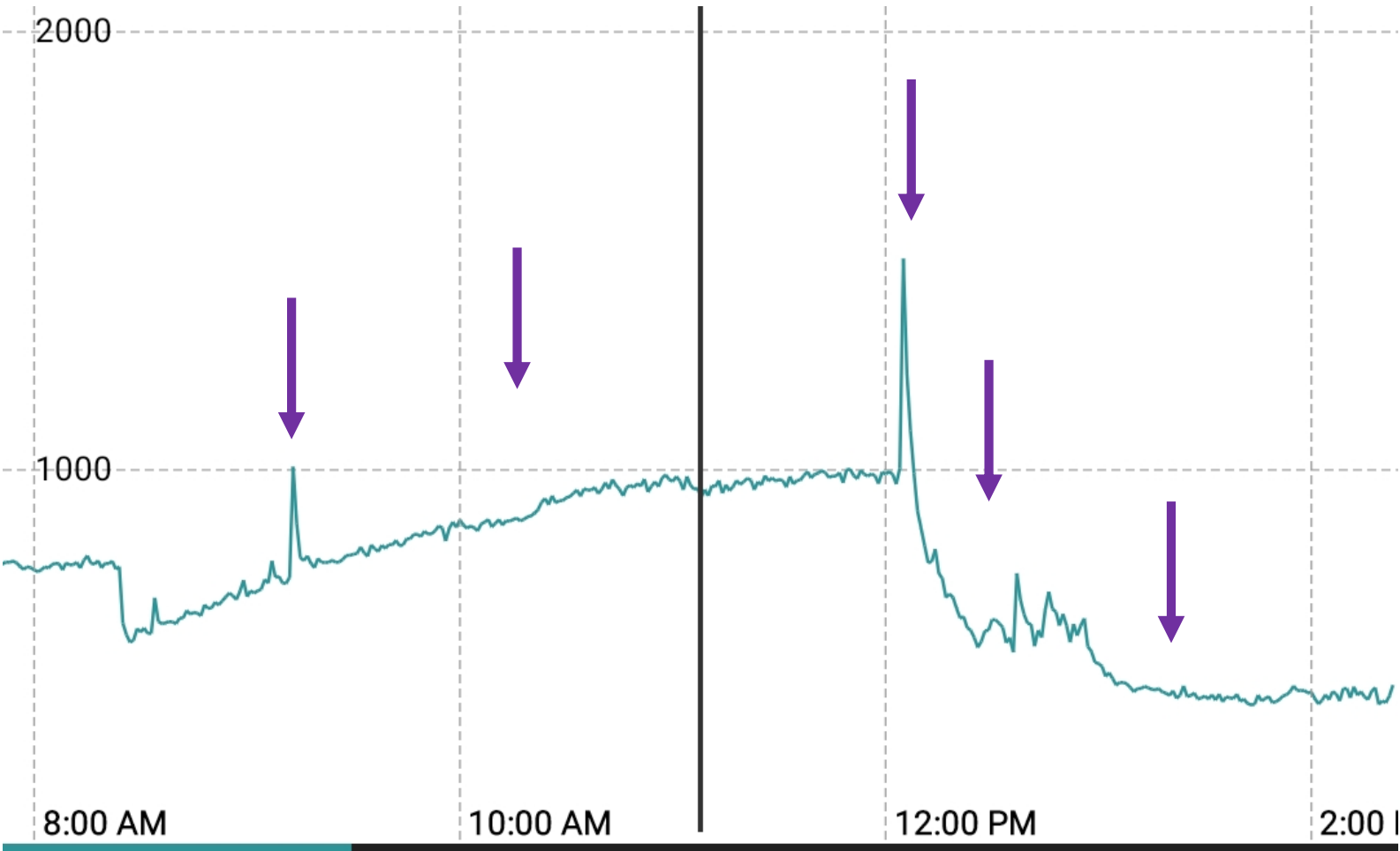












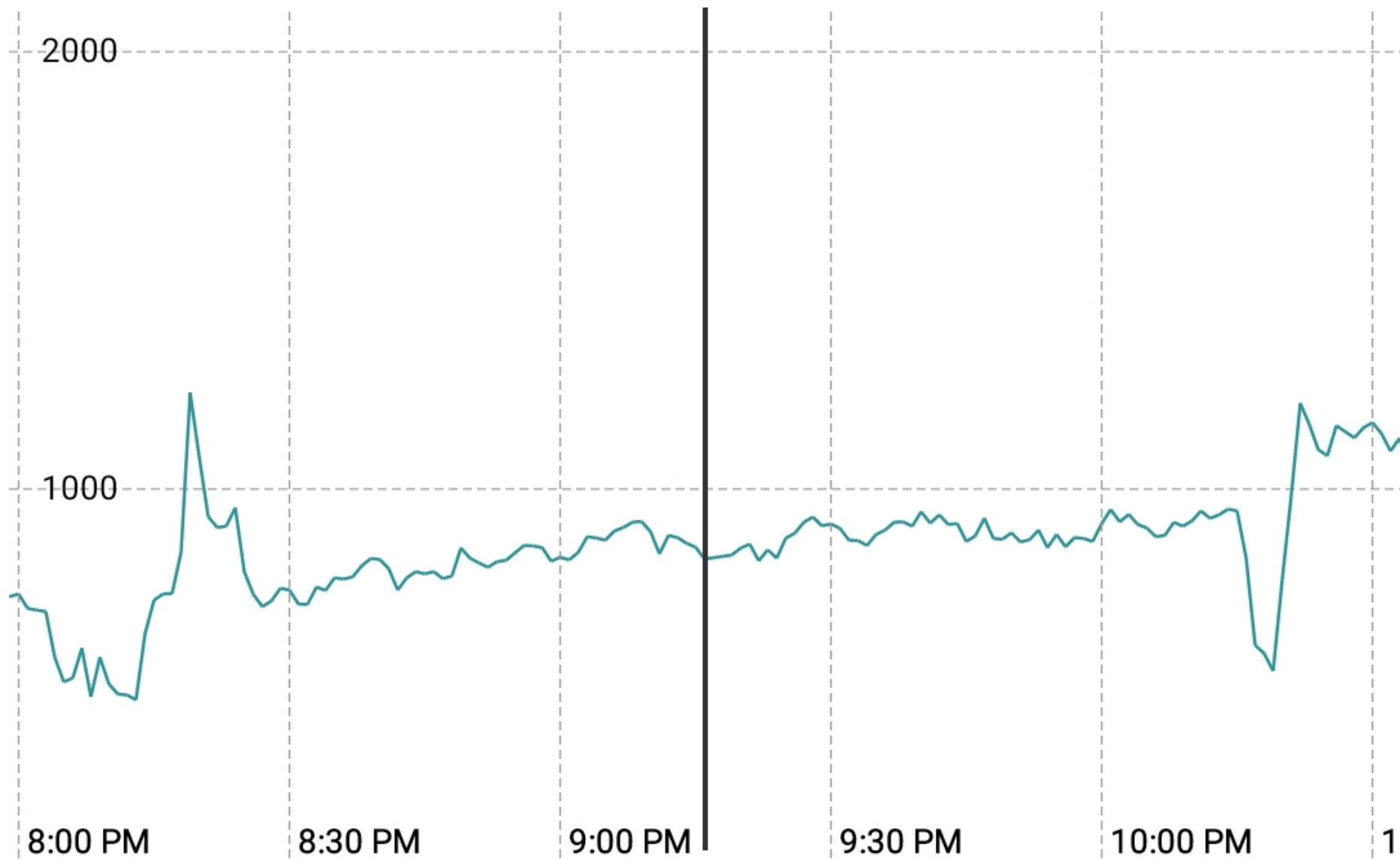
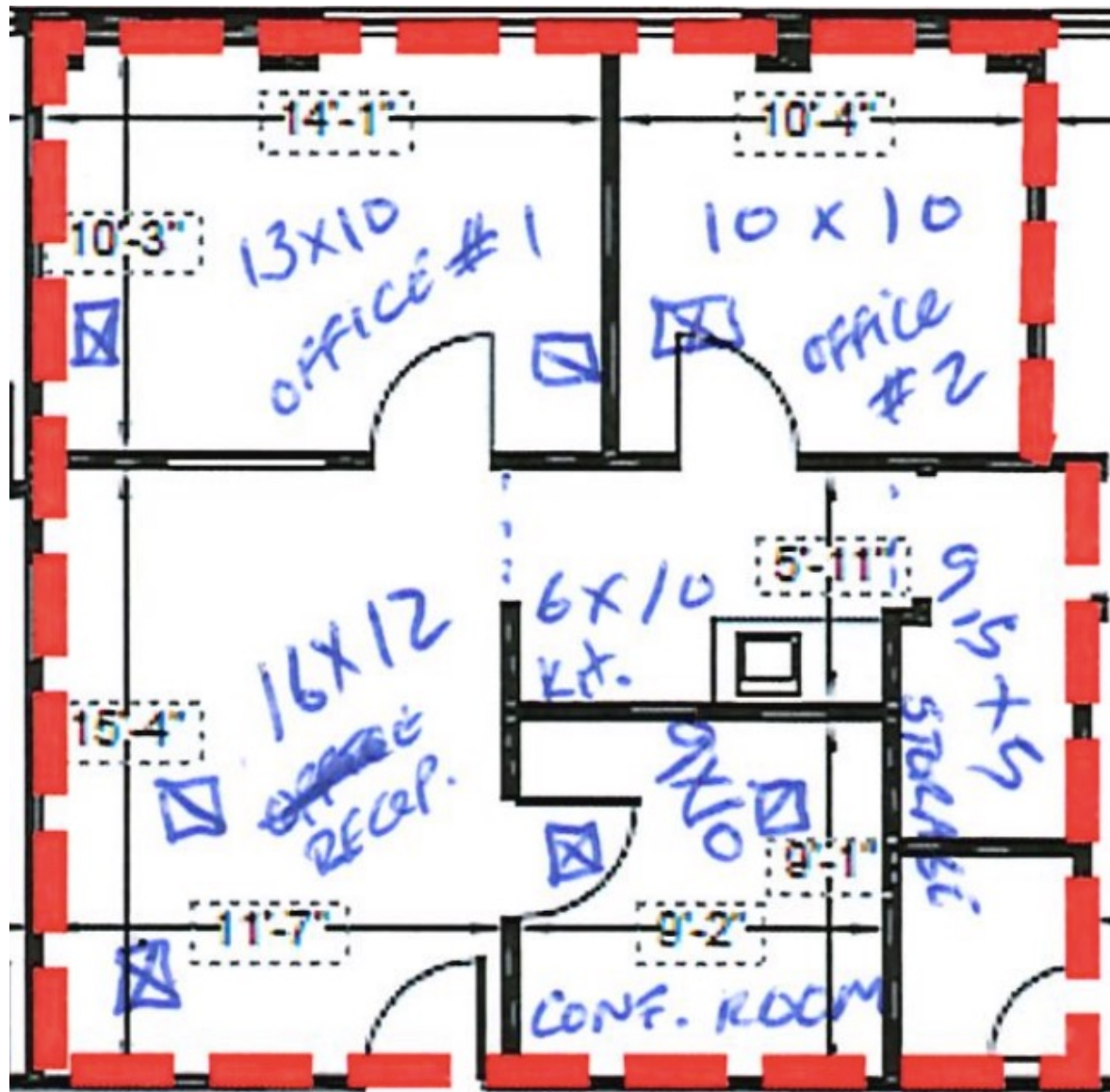


Table 6-4 Zone Air Distribution Effectiveness

Air Distribution Configuration	E_z
Well-Mixed Air Distribution Systems	
Ceiling supply of cool air	1.0
Ceiling supply of warm air and floor return	1.0
Ceiling supply of warm air 15°F (8°C) or more above space temperature and ceiling return	0.8
Ceiling supply of warm air less than 15°F (8°C) above average space temperature where the supply air-jet velocity is less than 150 fpm (0.8 m/s) within 4.5 ft (1.4 m) of the floor and ceiling return	0.8
Ceiling supply of warm air less than 15°F (8°C) above average space temperature where the supply air-jet velocity is equal to or greater than 150 fpm (0.8 m/s) within 4.5 ft (1.4 m) of the floor and ceiling return	1.0
Floor supply of warm air and floor return	1.0
Floor supply of warm air and ceiling return	0.7
Makeup supply outlet located more than half the length of the space from the exhaust, return, or both	0.8
Makeup supply outlet located less than half the length of the space from the exhaust, return, or both	0.5
Stratified Air Distribution Systems (Section 6.2.1.2.1)	
Floor supply of cool air where the vertical throw is greater than or equal to 60 fpm (0.25 m/s) at a height of 4.5 ft (1.4 m) above the floor and ceiling return at a height less than or equal to 18 ft (5.5 m) above the floor	1.05
Floor supply of cool air where the vertical throw is less than or equal to 60 fpm (0.25 m/s) at a height of 4.5 ft (1.4 m) above the floor and ceiling return at a height less than or equal to 18 ft (5.5 m) above the floor	1.2
Floor supply of cool air where the vertical throw is less than or equal to 60 fpm (0.25 m/s) at a height of 4.5 ft (1.4 m) above the floor and ceiling return at a height greater than 18 ft (5.5 m) above the floor	1.5
Personalized Ventilation Systems (Section 6.2.1.2.2)	
Personalized air at a height of 4.5 ft (1.4 m) above the floor combined with ceiling supply of cool air and ceiling return	1.40
Personalized air at a height of 4.5 ft (1.4 m) above the floor combined with ceiling supply of warm air and ceiling return	1.40
Personalized air at a height of 4.5 ft (1.4 m) above the floor combined with a stratified air distribution system with nonaspirating floor supply devices and ceiling return	1.20
Personalized air at a height of 4.5 ft (1.4 m) above the floor combined with a stratified air distribution system with aspirating floor supply devices and ceiling return	1.50

<https://www.ashrae.org/file%20library/technical%20resources/covid-19/ashrae-building-readiness.pdf>







UCDAVIS

Continuing and Professional Education

[Courses & Programs >](#) [Online Learning >](#) [International](#) [Student Services >](#) [Open Campus](#) [About Us >](#) [News >](#)

[COVID-19 Information – CPE Summer Class Update](#)

Construction Blueprint and Plan Reading

<https://cpe.ucdavis.edu/course/construction-blueprint-and-plan-reading>





Thank you!

David Michael Moore, MPH, CIH

Principal Consultant, CEO

[Intrinsic EH&S](#)

info@intrinsic-ehs.com

