

# Holiday Survival Guide to Fresh Air



A quick guide for keeping the air fresh, even when the house gets crowded.



## 1. Why Indoor Air Quality Matters

**CO<sub>2</sub> surge dampens the festive spirit:** Every guest adds CO<sub>2</sub> to the space by breathing. With windows closed and headcount rising, CO<sub>2</sub> levels can spike fast. The result? Santa's helpers—big and small—end up sleepy, dazed, and a little irritable.

**Spreading of respiratory viruses:** High CO<sub>2</sub> means the air isn't being refreshed, and that lets airborne viruses linger and spread more easily too. Ventilating properly helps you avoid catching a seasonal bug at the very first holiday gathering.

**Temperature rising:** Heavy cooking\* and a house full of people make already stuffy rooms feel even heavier. Rosy cheeks are cute, but ideally we'd like to keep the ugly Christmas sweaters on, not peel them off mid-feast.

**Comfort is key:** Knowing when to ventilate and doing it before everyone melts into the sofa keeps gatherings happy, healthy, and comfortably festive.

\*Cooking adds warmth and stuffiness, but only gas stoves increase CO<sub>2</sub> directly. Electric stoves don't. Most of the CO<sub>2</sub> buildup during gatherings comes from people breathing in a closed space.



## 2. How CO<sub>2</sub> Rises During Indoor Gatherings



Scenario	What it typically leads to:
1–4 guests for 1–2 hours, little to no ventilation	Moderate CO <sub>2</sub> build-up, leading to <b>mild fatigue and some discomfort</b>
5–10 guests for 1–2 hours, little to no ventilation	CO <sub>2</sub> levels rise fast, leaving people <b>feeling sluggish and uncomfortable</b>
10+ guests for 1–2 hours, little to no ventilation	High CO <sub>2</sub> spike resulting in <b>yawns, headaches, and condensation forming on windows</b>

**Signs your indoor air needs attention:** fogged windows, warm surfaces, frequent yawning, or loss of focus.



### 3. Quick Tips to Keep the Air Fresh Indoors



**Turn on the kitchen exhaust fan** while cooking to keep extra heat and moisture from sneaking into the party.



**Lower the heating slightly** before guests arrive so the room doesn't turn into a festive sauna.



**Open a window for 3–5 minutes (or switch on ventilation)** to flush out CO<sub>2</sub> before it creeps too high.



**Try cross-ventilation**—opening a second window or door on the opposite side helps fresh air sweep through much faster.



### 4. How Often to Ventilate During Holiday Gatherings

How much you should ventilate depends mainly on the size of the room and the number of people in it:

**Small gatherings (under 8 guests):** refresh the air every hour or hour and a half to keep the room fresh and comfortable.

**Medium-sized events (8-15 guests):** air out the room every 30–45 minutes or run your ventilation system at a moderate setting to keep the space from getting stuffy.

**Large or long gatherings (15+ guests):** monitor closely and keep the ventilation running, as CO<sub>2</sub> levels rise very quickly in a crowded space.



### 5. Using an Indoor Air Quality Monitor

You could keep an eye on fogged windows and bleary-eyed guests, or you could let a CO<sub>2</sub> monitor do the work for you. **Aranet4 HOME** gives you real-time feedback, so you can act before anyone starts yawning into their eggnog.

**For the most accurate readings:**

- Position the monitor in the room where most people spend their time.
- Place it on a table or shelf at seated height, away from windows and doors to ensure the most accurate readings.
- If the party migrates to another room, bring the monitor along.
- Follow the color-coded indicators for instant guidance:



**Green** = All good, breathe easy

**Yellow** = Time to consider increasing ventilation

**Red** = Ventilate now—your guests will thank you



## 6. Keep it Fresh Without Freezing Everyone Out

- **Use short ventilation bursts** instead of leaving windows open for ages. Fresh air shouldn't mean frozen guests!
- **Tailor your ventilation schedule** to your space and crowd size. If everyone's comfortable and in good spirits, you're doing it right.
- **Keep an eye on the readings** and adjust as needed—every home and gathering is a bit different.



## 7. Your Hosting Day Checklist



### Before guests arrive:

- Crack open the windows for 3–5 minutes.
- Turn down the heating slightly.
- Set up your CO<sub>2</sub> monitor in the main party zone.



### During the gathering:

- Keep an eye on the CO<sub>2</sub> monitor or watch the comfort levels.
- Ventilate every 30–90 minutes (depending on how packed the room gets).
- If the party moves, take the monitor with you.



### After the gathering:

- Give the place a final 5-minute air flush.
- Crank the heating back to normal.
- Let your home return to its usual fresh-air baseline.





## 8. Stay Festive and Fresh With Aranet4

**Aranet4 HOME** indoor air quality monitor helps you breathe easy during festive gatherings by showing CO<sub>2</sub>, temperature, humidity, and pressure in real time.

**It's especially handy during the holidays because:**



### **It gives you instant clarity:**

The color-coded display shows at a glance whether you're still in the green zone or drifting toward the stuffy red.



### **It's portable and cable-free:**

Just pop in the batteries (included), switch it on, and place it anywhere in the house—no wires, no setup, no stress.



### **It's accurate and trusted:**

Aranet4 HOME is used in more than 100,000 homes for reliable indoor air monitoring.



### **It's guest-proof:**

Even that one uncle who insists "it feels fine to me!" can't argue with the clear color-coded display.

**Designed and manufactured in Europe by SAF Tehnika, Aranet4 HOME brings precise, trusted monitoring to your home, workplace, or anywhere you need healthier air.**



**For more detailed information about Aranet products, please visit**

**[aranet.com](https://aranet.com)**

or contact your Aranet representative at [info@aranet.com](mailto:info@aranet.com).  
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