

# **Blog Post Titles**

*Click on a listing to take you to that post.*

## **Practical Steps To Healthy Fresh Air Ventilation**

*September 15, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/9/14-practical-steps-to-healthy-fresh-air-ventilation>

## **Your School Can Minimize Covid--Without Masks Or Remote Learning**

*August 31, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/8/31-your-school-can-minimize-covid-without-masks-or-remote-learning>

## **News And Views As We Approach The Fall**

*August 17, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/8/17-news-and-views-as-we-approach-the-fall>

## **The Covid-19 2023 Summer "Bump"**

*August 3, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/8/03-the-covid-19-2023-summer-bump>

## **It's All About The Air!**

*July 20, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/7/20-its-all-about-the-air>

## **Summer Tips - A/C AND Fresh Air - Wildfire Smoke Protection - A "New" Mask**

*July 6, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/7/5-summertips-a/candfreshair-wildfiresmoke-protection-aneumask>

## **It's Time To Make Good Air Quality The New Normal**

*June 22, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/6/22itstimetomakegoodairqualitythenewnormal>

## **When "Fresh" Air Is Full Of Smoke**

*June 8, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/6/8-when-fresh-air-is-full-of-smoke>

## **Flying Blind - And Low?**

*May 25, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/5/25-flying-blind-and-low->

## **The Covid-19 "Emergency" Is Over, But We Still Have Lots To Learn**

*May 11, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/5/11-the-covid-19-emergency-is-over-but-we-still-have-lots-to-learn>

## **Schools Yearning To Breathe Free**

*April 27, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/4/27-schools-yearning-to-breathe-free>

## **Singing Safely**

*April 17, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2022/4/17-singingsafely>

## **The Covid-19 End(emic) Game**

*March 31, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2022/3/31-the-covid-19-endemic-game>

## **To Avoid Covid-19, Do As They Do, Not As They Say**

*March 2, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2022/3/2-to-avoid-covid-19-do-as-they-do-not-as-they-say>

## **You Can Isolate And Not Spread Covid-19**

*February 9, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/9-you-can-isolate-and-not-spread-covid-19-geanc>

## **Here Is My Outlook On The Three Main Covid-19 Themes For 2023**

*January 20, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/20-here-is-my-outlook-on-the-three-main-covid-19-themes-for-2023>

## **Highlights Of The 2022 Blogs**

*January 5, 2023*

<https://www.kohlerandlewis.com/covid-19blog/2023/1/5-highlights-of-the-2022-blogs>

## **To Slow The Surge, Pick Your Percentage**

*December 16, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/12/16-to-slow-the-surge-pick-your-percentage>

## **Low-Tech Healthy Air - "Sweet Spot" Humidity**

*December 1, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/12/1-low-tech-healthy-air-sweet-spot-humidity>

## **A Happy Healthy Thanksgiving**

*November 11, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/11/11-a-happy-healthy-thanksgiving>

### **Pivoting For Covid-19 Safety**

*October 28, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/10/28-pivotingforcovid-19safety>

### **Join The Ventilation Revolution**

*October 14, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/10/14-jointheventilationrevolution>

### **Covid-19 News Collection**

*September 29, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/9/29-covid-19newscollection>

### **The Pandemic Is Not Over**

*September 15, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/9/15-thepandemicisnotover>

### **Safe Airplane Flying**

*September 2, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/9/1-safeairplaneflying>

### **Can We Please Have An Intelligent New Normal?**

*August 18, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/8/18canwepleasehavean-intelligentnew-normal>

### **Finally--A Simple Way To Know If You Are Contagious**

*August 5, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/8/5simplewayto-knowif-youarecontagious>

### **Someone In The Room Has COVID-19**

*July 21, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/7/21someoneintheroom>

### **(Bad) News Roundup**

*July 8, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/6/30-36d4d>

### **Letters From Readers**

*June 30, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/6/30>

### **Avoiding A Superspreading Summer Camp**

*June 22, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/6/22/avoidingasuperspreadingsummercamp1>

### **How Not To Infect Others With Your Covid-19**

*June 10, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/6/10/howtonotinfectotherswithyourcovid-19>

### **Top Ten Covid Myths - Busted**

*May 31, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/5/31/toptencovidmyths-busted>

### **Levity And Gravity**

*May 20, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/5/20/levityandgravity>

### **Hosting A Minimal-Risk Gathering**

*May 10, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/5/10/hosting-a-minimal-risk-gathering>

### **Managing The Spring Surge**

*April 29, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/4/29/managing-the-spring-surge>

### **The Spring Surge Is Here**

*April 19, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/18/-hwtx8-2kt53-lnt52-sah68-ef29y-eapmd-rs8dp-sredh>

### **Comprehensive Covid-19 Testing Policy**

*April 7, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/18/-hwtx8-2kt53-lnt52-sah68-ef29y-eapmd-rs8dp>

### **Keeping Your Balance In The New Normal**

*March 29, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/18/-hwtx8-2kt53-lnt52-sah68-ef29y-eapmd>

### **"The 60-Year-Old Scientific Screwup That Helped Covid Kill"**

*March 21, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/18/-hwtx8-2kt53-lnt52-sah68-ef29y>

### **Three Simple Steps For The New Normal**

*March 10, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/18-5hmd5>

### **One. Million. Deaths.**

*February 25, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/18/mechanicalengineeringrecommendations-hwtx8-2kt53-lnt52>

### **Beware Of Clear Masks**

*February 23, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/18/mechanicalengineeringrecommendations-hwtx8-2kt53>

**Masks Off! (Not)**

*February 21, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/18/mechanicalengineeringrecommendations>

**A New Way To Think About Air**

*February 16, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/16/mechanicalengineeringrecommendations>

**When Will It Be Safe To Go Back In The Water?**

*February 11, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/11/mechanicalengineeringrecommendations>

**BinaxNOW On The Shelf At Walgreens In Keene!**

*February 3, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/3/mechanicalengineeringrecommendations>

**Covid-19 Testing--You're Doing It Wrong**

*February 2, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/2/2/mechanicalengineeringrecommendations>

**Three Is The Magical Number**

*January 27, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/27/mechanicalengineeringrecommendations>

**2022 - Interesting Times Continue!**

*January 21, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/21/mechanicalengineeringrecommendations>

**Do You Need A Safetulator™ Fresh Air Meter?  
(includes video: “Fresh Air Meters”)**

*January 20, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/20/mechanicalengineeringrecommendations>

**Good News / Bad News / Future News**

*January 12, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/12/mechanicalengineeringrecommendations>

**Air Purifiers On Sale**

*January 11, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/11/mechanicalengineeringrecommendations>

**Our Revised Company Policy On Covid-19 Safety**

*January 10, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/10/mechanicalengineeringrecommendations>

**“The Latest COVID-19 Testing Worry? A Rapid Test That Can’t Detect Omicron  
In The Early Days Of An Infection”**

*January 7, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/7/mechanicalengineeringrecommendations>

**Masks Unmasked**  
**(includes the following 4 videos:**  
**“Masks”**

**“Safetulator Fresh Air Mask”**

**“Modifying Mask”**

**“Sterilizing Masks”**)

*January 4, 2022*

<https://www.kohlerandlewis.com/covid-19blog/2022/1/4/mechanicalengineeringrecommendations>

**Good News Amid The NFL Super Spreading**

*December 29, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/29/mechanicalengineeringrecommendations>

**An Invitation To Our Professional Friends Throughout New England**

*December 22, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/22/mechanicalengineeringrecommendations>

**“Cancel Holiday Plans” Says A California Doctor – San Francisco Chronicle**

*December 21, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/21/mechanicalengineeringrecommendations>

**Our Company Policy On Covid-19 Safety**

*December 17, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/17/mechanicalengineeringrecommendations>

**New Tips For Gathering 100% Safely For The Holidays**

*December 16, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/16/mechanicalengineeringrecommendations>

**Could We Cut Our Covid-19 Cases In Half Simply By Not Doing Indoor Restaurant Dining?**

*December 15, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/15/mechanicalengineeringrecommendations>

**A Christmas Message**

*December 14, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/14/mechanicalengineeringrecommendations>

**9 Omicron COVID-19 Symptoms Infectious Disease Experts Say You Shouldn't Ignore -  
Good Housekeeping**

*December 13, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/13/mechanicalengineeringrecommendations>

**Simple Air Filtration Of Virus**

*December 10, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/10/mechanicalengineeringrecommendations>

**Appendices Now Added To “Improving COVID-19 Safety Within Buildings -  
A Do-It-Yourself Guide For Building Operators”**

*December 9, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/9/mechanicalengineeringrecommendations>

**They’ve Had To Make The Graph Taller**

*December 8, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/8/mechanicalengineeringrecommendations>

**Early Data From South Africa Hints Omicron Variant May Cause Less Severe Covid,  
But More Research Is Needed - STAT**

*December 7, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/7/mechanicalengineeringrecommendations>

**Roy's Video: The Solution To Pollution Is Dilution  
(includes video: “The Solution To Pollution Is Dilution”)**

*December 6, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/6/mechanicalengineeringrecommendations>

**America’s Pandemic Star Loses Some Luster - Vermont’s COVID-19 Surge Could Point The Way  
Toward An Uncertain Endemic Future - The Atlantic**

*December 3, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/3/mechanicalengineeringrecommendations>

**New Hampshire Leads The Nation ...**

*December 1, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/12/1/mechanicalengineeringrecommendations>

**What’s Known And Unknown About Omicron,  
The Coronavirus Variant Identified In South Africa - STAT**

*November 30, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/11/30/mechanicalengineeringrecommendations>

**Roy’s Healthy Gathering Tips For The Holidays  
(includes video: “Roy’s Healthy Gathering Tips for the Holidays”)**

*November 29, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/11/29/mechanicalengineeringrecommendations>

**Two-Meter COVID-19 Rule Is 'Arbitrary Measurement' Of Safety - PHYS.Org**

*November 24, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/11/24/mechanicalengineeringrecommendations>

**Increase In Covid-19 Hospitalizations - The Washington Post**

*November 18, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/11/18/mechanicalengineeringrecommendations>

**How Does This End? Thinking About Covid And Normalcy. - The New York Times**

*November 15, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/11/15/mechanicalengineeringrecommendations>

**Healthy Buildings Can Help Stop Covid-19 Spread And Boost Worker Productivity - CNBC**

*November 12, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/11/12/mechanicalengineeringrecommendations>

**Keene, NH - New Sign-Up Method For PCR Testing**

*November 3, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/11/3/mechanicalengineeringrecommendations>

**Only 3 States Averaging More COVID-19 Cases Now Vs. 2 Weeks Ago -  
Becker's Hospital Review**

*October 26, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/10/26/mechanicalengineeringrecommendations-1>

**Belgium Braces For Another Surge In COVID-19 Cases - The Seattle Times**

*October 26, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/10/26/mechanicalengineeringrecommendations>

**Improving COVID-19 Safety Within Buildings - A Do-It-Yourself Guide For Building Operators  
(includes video: "Covid-19 Fresh Air Ventilation Intro")**

*October 15, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/10/14/mechanicalengineeringrecommendations>

**COVID-19 Mechanical Engineering Recommendations By Roy Swain, P.E.  
(includes video: "Covid-19 Fresh Air Ventilation Intro")**

*October 14, 2021*

<https://www.kohlerandlewis.com/covid-19blog/2021/10/13/mechanicalengineeringrecommendations>