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MEET THE PRESENTERS

DOMINIC RAMOS RUIZ
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Vice President, Research
International WELL Building Institute
1) ISSUE
Covid-19 and WELL
WELL Building Standard overview

2) ACTION
Mobilizing our Community
Places Matter Initiative
Framework for Thinking

3) STRATEGY
Special Task Force
Places Matter Strategies

4) FUTURE
ISSUE: COVID-19
UNDERSTANDING THE DISEASE
The COVID-19 Pandemic

A Global Outbreak of the Disease Affecting Thousands

• While it can impact everyone, certain populations seem to be more vulnerable than others: the elderly and those with comorbidities such as heart and lung disease and diabetes.¹

• Given the pace of recent global outbreaks of disease, some researchers say we can expect more pandemics in years to come, particularly given increased animal-human interaction from habitat loss and changing weather patterns from climate change.² ³

THE WELL BUILDING STANDARD

is a performance and evidence-based program for measuring and improving the health impacts of buildings where people spend 90 percent of their time.

With over 100 features spread across 10 concept areas, WELL can be customized and applied to address specific health concerns, needs, and goals.
What WELL features are applicable?

Project specifics:
- LOCATION
- SPACE TYPES
- BUILDING INFRASTRUCTURE

Recommended scorecard
- HEALTH CONCERNS
- WELLNESS GOALS
DYNAMIC SCORECARD

- Leverage the WELL v2 digital platform to create a custom scorecard.

- Enter your project details and browse a selection of suggested features tailored to help you achieve your project’s unique goals.
THIRD PARTY VERIFICATION

A REASON TO TRUST YOUR BUILDING

• WELL is the only system requiring performance verification as part of the certification process.

• Third-party verification is performed by Green Business Certification Inc. (GBCI)

• GBCI evaluates **67** distinct performance indicators as part of the certification process, requiring over **20** types of tests to be performed at the project site and using over **10** types of equipment.
THIRD PARTY VERIFICATION

A REASON TO TRUST YOUR BUILDING

Is this air contaminated?

Has this surface been cleaned?

Do we have an emergency plan?

INFORMATION IS EMPOWERMENT
OUR GLOBAL COMMUNITY

4,253 projects

565 million square feet

62 countries

10,639 registered & accredited WELL APs in

85 countries

Data from April 15
Working together to advance a culture of health in buildings, communities and organizations around the globe.
Implementing WELL features enables us to apply buildings as a tool to help advance public health - and allows people to better protect themselves in indoor environments. While implementation of WELL features cannot prevent a pandemic, it can help reduce the risk of spreading infectious disease.
ACTION

MOBILIZING OUR COMMUNITY
IT TAKES A VILLAGE

BUILDING COMMUNITY ACROSS CHINA

537 projects teams &
3,951 WELL APs

working to make a difference

Data from March 26
IWBI Asia hosted several webinars and webcasts with a high participation level of over 160,000 people in one month.
What happens to water quality when a building is left empty?

At higher education institutions, how can we manage risk now that campuses are closed?

What plans and strategies will buildings and organizations need to put in place before welcoming staff back to the office?

Will office air quality be safe when I return to work? How can we manage high-rise air quality?

What can employers, community organizers, schools and parents do to help people cope with mental health issues associated with quarantine?

What health benefits and advantages do WELL Certified projects have in terms of mitigating risk of contagion?

How long will this last and what impacts will it have on the real estate market?

How will IAQ and building hygiene monitoring shift in a post-coronavirus outbreak world?

When will buildings be safe for teams to return to work?
ACTION
PLACES MATTER
PLACES MATTER

AN EVOLVING RESPONSE

• Location: Some research has shown that latitude and climate can influence vulnerability to COVID-19.¹

• Buildings: you spend approximately 90% of your time indoors.²

• Quarantine and work from home are highlighting how well our spaces are working (or not working) for our daily lives.

• Lessons learned from healthcare from previous influenza outbreaks -- such as the importance of Airborne Infection Isolation Rooms (AIIR) -- point to the importance of buildings in mitigating disease transmission.³

“[...Buildings] if managed poorly, they can spread disease. But if we get it right, we can enlist our schools, offices and homes in this fight.”

Joseph Allen, DSc, MPH

Co-Chair, IWBI Special Task Force on Coronavirus
Assistant Professor of Exposure, Assessment Science
Department of Environmental Health,
Harvard T.H. Chan School of Public Health
GOAL #1
Inform new Guidelines for Prevention and Preparedness, Resilience and Recovery.

GOAL #2
Inform enhancements to the WELL Building Standard (WELL) itself.
## GET TO KNOW THE TASK FORCE CHAIRS

<table>
<thead>
<tr>
<th>Chair</th>
<th>Title and Institution</th>
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+ **500 MEMBERS IN 25 COUNTRIES**

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ACTION

FRAMEWORKS FOR THINKING
STRATEGIES FROM THE WELL BUILDING STANDARD TO SUPPORT IN THE FIGHT AGAINST COVID-19

Prevention and Preparedness, Resilience and Recovery
PREVENTION & PREPAREDNESS, RESILIENCE & RECOVERY

We've identified and grouped select strategies from WELL v2 around key themes in relation to COVID-19.

1. Promote clean contact
2. Improve air quality
3. Manage risk and create organizational resilience
4. Support movement and comfort, including work from home
5. Strengthen immune systems
6. Maintain water quality
7. Foster mental resilience
8. Champion community resilience and recovery
Key components of prevention include hand washing, isolation of those who are sick, cleaning protocols and ventilation strategies.\(^1\)

This includes design, operation, and policy strategies that support cleaner air, cleaning protocols, individual behavior change and immune support.

Risk-management approach balanced with health promotion approach.
PREPAREDNESS

REDUCING THE IMPACT OF PANDEMICS

- Preparedness is a key differentiator to reduce the spread of infectious disease.¹

- Those with experience with recent pandemics and the infrastructure and policies have been able to respond quickly and have had lower death rates.²


Resiliency is a key framework used by industry, policy makers and academics to increase the chance of weathering uncertainty and change.\(^1\)

- Resiliency can be at multiple scales: individual, building, community, city and region.\(^2\)

- Resilience can improve recovery.

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INDIVIDUAL, ORGANIZATIONAL, BUILDING & COMMUNITY

• Actions taken to support individual, organizational, and community capacity to recover quickly and adapt to the new normal.

• Scalable, adaptable and flexible preparation plans can help speed and support recovery.¹

• Key strategies include supporting individual mental and physical well-being and providing opportunities to connect with and support organizational and community recovery.

• Lessons learned should be used to evaluate and revise prevention and preparation plans for the next emergency.¹

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² http://100resilientcities.org
³ https://greatergood.berkeley.edu/article/item/five_science_backed_strategies_to_build_resilience
PROMOTE CLEAN CONTACT

01
COVID-19 is spread via respiratory droplets from an infected person.\(^1\)

The virus can remain airborne for up to three hours and on some surfaces for up to 72 hours.\(^1\)

Maintaining good cleaning protocols and handwashing habits can support individual and organizational resilience.

Soap has been found to be more effective than hand sanitizer in community settings.\(^2\)

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Applicable features from WELL v2:

- Handwashing, WELL Feature W08
- Cleaning Products and Protocol, WELL Feature X09

WELL STRATEGY

REDUCE EXPOSURE TO PATHOGENS, ALLERGENS & HAZARDOUS CLEANING CHEMICALS
IMPROVE AIR QUALITY
IMPROVE AIR QUALITY

VENTILATION AND FILTRATION

• Air stagnation may concentrate airborne viruses or dust.¹

• Increased ventilation in a building can reduce the chance of influenza.¹

• Without proper maintenance and filtration, heating, ventilation and air conditioning systems can build up mold and particulates that can propagate respiratory diseases.², ³

• Maintaining a relative humidity between 40% and 60% may help to limit the spread and survival of COVID-19.⁴

IMPROVE AIR QUALITY
STRATEGIES & WELL FEATURES

Reduce indoor air quality issues by providing adequate ventilation and filtration

• Ventilation Effectiveness, WELL Feature A03
• Enhanced Ventilation, WELL Feature A06
• Operable Windows, WELL Feature A07
• Air Filtration, WELL Feature A12
• Microbe and Mold Control, WELL Feature A14

Manage humidity & control sources of indoor moisture

• Moisture Management, WELL Feature W07
• Humidity Control, WELL Feature T07
ASK THE EXPERTS

1. PROMOTE CLEAN CONTACT

2. IMPROVE AIR QUALITY
MANAGE RISK & CREATE ORGANIZATIONAL RESILIENCE
Emergency preparedness planning is a risk management approach that enables rapid response.

Organizations should regularly re-evaluate their emergency preparedness plans; adaptability and flexibility are essential components.¹

A key thing to consider in response to COVID-19 is support for working parents.², ³

Because of global school closures, many professionals are full-time caregivers at home and are struggling to balance responsibilities.⁴

• Regularly capturing occupant feedback can help inform emergency protocols and address topics like worker performance, satisfaction and well-being before, during and after a period of remote work.

• Surveying employees can help evaluate the effectiveness of the strategies that were deployed, identify current mental health challenges and inform new strategies.
MANAGE RISK & CREATE ORGANIZATIONAL RESILIENCE STRATEGIES & WELL FEATURES

Prepare for emergencies
- Emergency Preparedness, WELL Feature C15
- Family Support, WELL Feature C10

Be informed by evidence
- Occupant Survey, WELL Feature C03
- Enhanced Occupant Survey, WELL Feature C04
SUPPORT MOVEMENT & COMFORT, INCLUDING WORK FROM HOME
While data is scarce, there are some indications that up to 44% of companies globally did not allow remote work.¹

Organizations may not be prepared to provide guidance to their teams as to how to create a functional and comfortable home workspace and work-from-home experience.²

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¹ Banjo S, Yap, Livia, Murphy, Colum, Chen, Vinicy. The Coronavirus Outbreak has become the world’s largest work-from-home experiment. Time: Time; 2020.
Ergonomics is the study of how the work environment meets the user’s needs.

Understanding how to provide remote-work ergonomics and support for physical activity and movement throughout the day is key.

While WELL does not directly address work-from-home scenarios, many strategies can be meaningfully adapted for home-based work.
Applicable features from WELL v2:

- Visual and Physical Ergonomics, WELL Feature V02
- Active Furnishings, WELL Feature V07
- Enhanced Ergonomics, WELL Feature V10
- Self Monitoring, WELL Feature V12
ASK THE EXPERTS

3. MANAGE RISK & CREATE ORGANIZATIONAL RESILIENCE

4. SUPPORT MOVEMENT & WORKING FROM HOME
STRENGTHEN IMMUNE SYSTEMS
Those who smoke or have chronic obstructive pulmonary disease (COPD) are at increased risk for developing COVID-19.¹

Smoking is associated with multiple negative health outcomes such as reduced life expectancy, respiratory infections, coronary heart disease and cancer.²
Poor quality sleep, or not enough sleep, has been associated with a range of negative health outcomes, including impaired immune function.¹

Exposure to daylight and circadian lighting design has been shown to have a positive impact on sleep quality.²


STRENGTHEN IMMUNE SYSTEMS

STRATEGIES & WELL FEATURES

Offer physical and mental health benefits
• Health Services and Benefits, WELL Feature C05
• Mental Health Support, WELL Feature M03

Cultivate a culture of health
• Health Promotion, WELL Feature C06

Discourage smoking
• Smoke-free Environment, WELL Feature A02
• Tobacco Prevention and Cessation, WELL Feature M13

Stay nourished and hydrated
• Fruits and Vegetables, WELL Feature N01
• Drinking Water Promotion, WELL Feature W06

Enable physical activity throughout the day
• Physical Activity Opportunities, WELL Feature V06
• Physical Activity Spaces and Equipment, WELL Feature V08
• Physical Activity Promotion, WELL Feature V11

Promote healthy sleep habits
• Circadian Lighting Design, WELL Feature L03
• Sleep Support, WELL Feature M11
MAINTAIN WATER QUALITY
Exposure to a range of contaminants in water can result in negative health impacts including the spread of infectious disease.\textsuperscript{1}

Water is typically treated with chlorine to keep it free of pathogens. However, if left stagnant after a period of vacancy, chlorine is likely to lose its disinfection power, creating opportunity for pathogens to contaminate the water.\textsuperscript{2}


WELL STRATEGY

TEST YOUR WATER REGULARLY

Applicable features from WELL v2:

• Fundamental Water Quality, WELL Feature W01
• Water Contaminants, WELL Feature W02
• Enhanced Water Quality, WELL Feature W04
• Water Quality Consistency, WELL Feature W05
5. STRENGTH IMMUNE SYSTEMS

6. MAINTAIN WATER QUALITY
FOSTER MENTAL RESILIENCE
Mental health is a state of well-being in which individuals are able to live to their fullest potential, cope with the normal stresses of life, work productively and contribute to their community.¹

Chronic stress is associated with increased risk of depression, cardiovascular disease, diabetes and upper respiratory infection.¹, ²

A connection with nature through plants, water, light and views – or an indirect connection through natural materials, patterns, colors or images - have been found to improve mood, recovery from stress and concentration.¹

Breaks from work are linked to employee well-being, higher life satisfaction and mood, sustained work-place performance, lower burnout and fewer health complaints.²

FOSTER MENTAL RESILIENCE

STRATEGIES & WELL FEATURES

Maintain mental health

• Mental Health Promotion, WELL Feature M01
• Mental Health Education, WELL Feature M04
• Stress Support, WELL Feature M05
• Restorative Opportunities, WELL Feature M06
• Restorative Programing, WELL Feature M08

Provide access to nature and daylight

• Access to Nature, WELL Feature M02
• Enhanced Access to Nature, WELL Feature M09
• Light Exposure and Education, WELL Feature L01
• Enhanced Daylight Access, WELL Feature L05
Providing spaces for community engagement and connection has been linked to positive mental and physical health outcomes.\(^1\)

Individuals with community and social support generally have better mental health than those without strong community connections.\(^2\)

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Pandemics can disrupt supply chains and can worsen food insecurity globally.¹

Local food networks can provide some security during the disruption of national or global supply chains by supporting small and medium sized farms.²

Engaging with local suppliers can also result in social benefits and healthier eating habits.³ ⁴

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CHAMPION COMMUNITY RESILIENCE AND RECOVERY

STRATEGIES & WELL FEATURES

Support local communities and foster community connections

- Civic Engagement, WELL Feature C11
- Community Access and Engagement, WELL Feature C16

Provide access to localized food sources

- Food Production, WELL Feature N12
- Local Food Environment, WELL Feature N13
ASK THE EXPERTS

7. FOSTER MENTAL RESILIENCE

8. CHAMPION COMMUNITY RESILIENCE AND RECOVERY
WRAP UP
WELL STRATEGIES IN ACTION

1. Promote clean contact
2. Improve air quality
3. Maintain water quality
4. Manage risk and create organizational resilience
5. Support movement and comfort, including work from home
6. Strengthen immune systems
7. Foster mental resilience
8. Champion community resilience and recovery

Download the full resource on wellcertified.com
WHAT'S NEXT
PLACES MATTER SERIES

We will be featuring topics related to:
• Venues and large gatherings
• People and planet
• Equity