



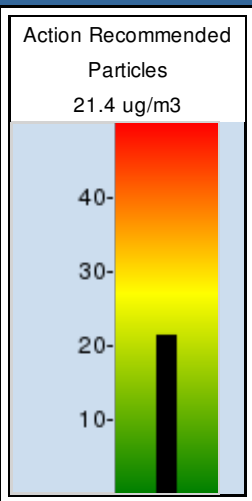
AirAdvice for Your Home

Monitor: 32380
Report ID: 248978
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This report displays our findings about the air quality in your home, and offers recommendations to help you make informed decisions about your family's health, comfort and safety. If you have additional questions, please visit www.airadviceforhomes.com.

HEALTH

Particles



Health Concerns Particles are generally a cause for concern when daily average levels are above 10 ug/m3. Particles are known to trigger asthma and allergy symptoms. At levels above 35 ug/m3, they can harm normally healthy adults by causing emphysema and diminished lung capacity. Children, the elderly, and pregnant women are more susceptible.^a

What We Found In Your Home Particle levels were between 11-35 ug/m3.

Potential Causes Particles can build up to unhealthy levels due to three primary causes:

- Activities in the home
- Presence of excessive particulate sources
- Heating and cooling system issues

Recommended Actions

- Replace filters or upgrade filtration system
- Inspect and clean duct work
- Use the exhaust fan during cooking
- Install UV light in cooling coil to prevent mold