

## Clean Air, Clean Home

Stay on top of your air



Your indoor air quality is constantly changing and affected by five common factors: particulate matter, TVOC, CO<sub>2</sub>, humidity, and temperature. Managing these pollutants and parameters can be hard, especially when it comes to remembering what to do when pollution levels spike.

Respond to air quality changes with the right techniques to keep your home clean and safe all-year round. Use these cheat sheets to help you stay on top of your indoor air quality by:

- Identifying common sources of pollution,
- Setting air quality targets, and
- Knowing the right strategies to prevent and control pollution.

## Sources of Home Air Pollution

### outdoor



Transport



Industry



Agriculture



Waste

### indoor



Paints



Aerosol sprays



Pet dander



Cleansers and  
disinfectants



Dust



Mold



Smoke

## What do AQI values mean?

Each country has its own air quality indexing and standards. Do a quick search online to see if your country offers its own AQI.

Here are the U.S. Environmental Protection Agency's AQI values:








| Air Quality Index (AQI) Values | Levels of Health Concern       | Color       |
|--------------------------------|--------------------------------|-------------|
| 0-50                           | Good                           | Green       |
| 51-100                         | Moderate                       | Yellow      |
| 101-150                        | Unhealthy for sensitive groups | Orange      |
| 151-200                        | Unhealthy                      | Red         |
| 201-300                        | Very unhealthy                 | Purple      |
| 301-500                        | Hazardous                      | Dark Purple |

## What to do when...

**Ever find yourself wondering what steps to take when pollution levels outside have increased? Different pollutants require different methods for protecting yourself. Below we've outlined what to do in different scenarios.**

Use these charts to identify your current air quality scenario and match it with the right control technique(s).

| Outdoor Air Quality | Windows / Doors | Air purifier |
|---------------------|-----------------|--------------|
| Good (AQI < _____)  | Open            | Off          |
| Poor (AQI > _____)  | Close           | On           |

| Indoor Air Quality | High PM2.5  | Low PM2.5   |
|--------------------|---|---|
| High TVOC          |    * |    |
| Low TVOC           |     |  |

Key



Turn on air purifier(s)



Ventilate by opening windows and doors



Close windows and doors

\*Only ventilate until levels return to normal, then close windows and doors.



**Tip:** Use an air quality monitor to find sources of pollution and know air quality levels around your home.

## Define what makes your home clean and healthy

**Set your own air quality targets below:**

- AQI < \_\_\_\_\_ (Recommended is <50 or 'Good')
- PM2.5 concentration < \_\_\_\_\_  $\mu\text{g}/\text{m}^3$  (Recommended is <10  $\mu\text{g}/\text{m}^3$ )
- Humidity range \_\_\_\_\_ to \_\_\_\_\_ % (Recommended is 40-50%)
- TVOC < \_\_\_\_\_ ppm (Recommended is <300ppm)
- Temperature range \_\_\_\_\_ to \_\_\_\_\_  $^{\circ}\text{F}/^{\circ}\text{C}$  (Recommended is 60-70 $^{\circ}\text{F}$  or 18-31 $^{\circ}\text{C}$ )



**Tip:** Readings outside of these targets mean that your home's air quality should be improved. Check out the reminders and reference sheet to make the necessary adjustments.



**For more pollution-control tips, visit us at [www.kaiterra.com](http://www.kaiterra.com).**

# Reminders


**A little goes a long way. Here are some reminders to keep your home clean and healthy all year-round.**

## Daily

- No smoking inside
- Ventilate when cooking and cleaning, and after showering
- When AQI is low, leave windows open
- When humidity is low, turn on the humidifier

## Weekly

- Dust, vacuum, and mop commonly used spaces
- Wash bedding with the hottest water temperature setting listed on the care label
- Wipe down the air purifier pre-filter

 **Tip:** Your furniture can be dust traps. To test, gently slap your couch cushion or your rug, then bring your Laser Egg over to see how much dust it's collecting.

## Periodically

- Test/replace HEPA purifier filter(s)

 **Tip:** Test your filters after using them for a few weeks to see if they are still working effectively.



If your local area is known to experience some air quality issues, check your outdoor air quality and depending on the readings, adjust your habits.

 **Tip:** Use your Kaiterra app to know your local air quality.

Knowing your outdoor air quality is great, but often it doesn't represent indoor air quality. Use your Laser Egg or air quality monitor to find sources of pollution, check for leaks and monitor over time to ensure your air quality is at the standard you want.

 **Tip:** Set custom alerts on your Kaiterra app for when your air quality needs your attention.