

**Prepared For:**

This report offers recommendations so you can make informed decisions about the health, comfort and safety your building provides. Knowing what's in the air you breathe and what you can do about it has never been more important. If you have additional questions, please visit [www.airadvice.com](http://www.airadvice.com)

**Conducted By:**

Mikes Heating and Air  
1-800-659-1804

**Test Period:**

11/9/20 – 11/12/20

**Monitor ID:**

#34829

**Report ID:**

#491067

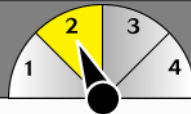
**What We Tested**

**What We Found**

**Possible Causes**

**Recommended Action**

## HEALTH



Action Recommended  
for Sensitive Individuals

### Particle Allergens, Chemical Pollutants, Carbon Dioxide

**Particle Allergens:**

Levels improvable

**Chemical Pollutants:**

Levels are acceptable

**Carbon Dioxide:**

Levels improvable

- Inadequate filtration
- Inadequate fresh air introduction

- Upgrade ventilation
- Upgrade filtration

## COMFORT



Action Recommended  
for Sensitive Individuals

### Temperature Relative Humidity

**Temperature:**

Somewhat too cool

**Relative Humidity:**

Levels are acceptable

- Inadequate temperature setpoint or inadequate thermostat
- Setpoints out of alignment

- Check thermostat for proper setpoint and function

## SAFETY



No Action  
Necessary

### Carbon Monoxide

**Carbon Monoxide:**

Levels are acceptable

- None

- No action necessary

# Health: Particle Allergens

## TEST RESULTS

**What We Found:** Particle allergen levels were between 11-25 ug/m<sup>3</sup> or spiking > 10ug/m<sup>3</sup> for an hour or more.

Action Recommended  
for Sensitive Individuals

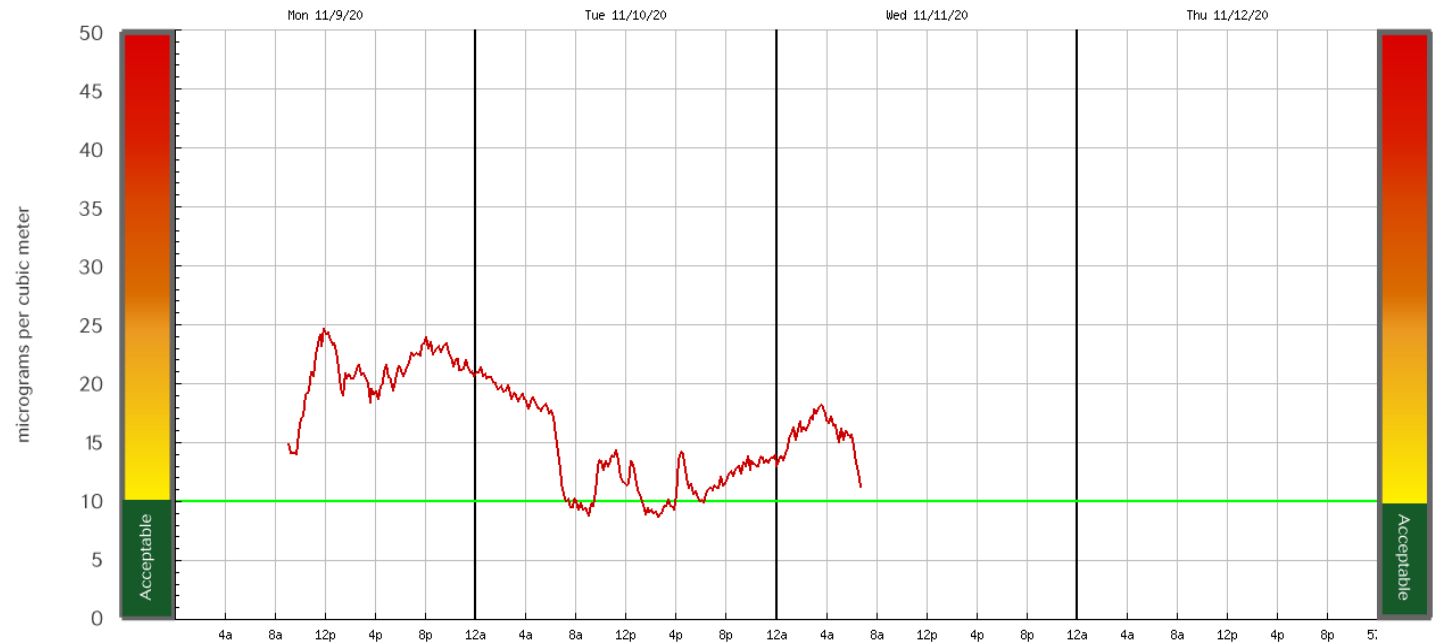
### Why is action recommended?

Particle allergens are generally a cause for concern when daily average levels are above 10 ug/m<sup>3</sup>.

Particle allergens are known to trigger asthma and allergy symptoms. At levels above 35 ug/m<sup>3</sup>, they can harm normally healthy adults by causing emphysema and diminished lung capacity. Children, the elderly, and pregnant women are more susceptible.

Source: American Lung Association; Environmental Protection Agency (EPA); Indoor air Quality Association

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Highest Daily Average: 17 ug/m<sup>3</sup>    Highest Hourly Average: 24 ug/m<sup>3</sup>    Overall Average: 17 ug/m<sup>3</sup>

## ABOUT PARTICLE ALLERGENS

Particle allergens are always present in your home's air. They can build up to unhealthy levels due to activities in the home, the presence of excessive sources, and heating & cooling system issues.

Sources: Pets, dirt on shoes, burning candles, smoking, open windows (outside pollen, spores, etc.), dust mites, many common household activities, including cooking and cleaning.

Possible heating & cooling issues: Leaky, dirty, or poorly designed ductwork, inadequate filtration, no filtration at all.

## RECOMMENDED ACTION

There are many steps you can take to control sources of particle allergens. You can:

- Add an air filtration system
- Ensure duct work sealed properly
- Ensure ducts are clean

  
A healthy home starts here™

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**Conducted By:**  
Mikes Heating and Air  
1-800-659-1804

**Test Period:**  
12/16/20 – 12/22/20

**Monitor ID:**  
#34829

**Report ID:**  
#499610

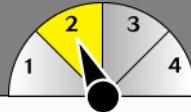
## What We Tested

## What We Found

## Possible Causes

## Recommended Action

## HEALTH



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#### Particle Allergens:

Levels improvable

#### Chemical Pollutants:

Levels are acceptable

#### Carbon Dioxide:

Levels improvable

- Inadequate filtration
- Inadequate fresh air introduction

- Upgrade ventilation
- Upgrade filtration

## COMFORT



Action Recommended  
for Sensitive Individuals

### Temperature Relative Humidity

#### Temperature:

Somewhat too warm

#### Relative Humidity:

Levels are acceptable

- Inadequate temperature setpoint or inadequate thermostat
- Setpoints out of alignment

- Check thermostat for proper setpoint and function

## SAFETY



No Action  
Necessary

### Carbon Monoxide

#### Carbon Monoxide:

Levels are acceptable

- None

- No action necessary

# Health: Particle Allergens

## TEST RESULTS

**What We Found:** Particle allergen levels were between 11-25 ug/m<sup>3</sup> or spiking > 10ug/m<sup>3</sup> for an hour or more.

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Highest Daily Average: 10 ug/m<sup>3</sup>

Highest Hourly Average: 14 ug/m<sup>3</sup>

Overall Average: 9 ug/m<sup>3</sup>

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