

# Clean Air, Clean Home

**Understand your air  
and your Laser Egg readings**



**Use this IAQ cheat sheet to help you:**

- Identify key air pollutants and pollution sources
- Understand readings on your Laser Egg and what they mean for you
- Control your home's indoor air quality

# Common Sources of Air Pollution

## Outdoor

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Vehicle exhaust



Industry



Natural sources

## Indoor

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Paints



Aerosol sprays



Pet dander



Cleansers and disinfectants



Dust



Mold



Smoke



Cooking

# Particulate Matter (PM<sub>2.5</sub>)

Particulate matter (PM) is an umbrella term for all airborne particles, including dust, mold spores, and smoke.

PM<sub>2.5</sub> levels:

AQI Category (US Standard)	AQI (US Standard)	PM <sub>2.5</sub> (in ug/m <sup>3</sup> )
Good	0-50	0-12
Moderate	51-100	12.1-35.4
Unhealthy for sensitive groups	101-150	35.5-55.4
Unhealthy	151-200	55.5-150.4
Very unhealthy	201-300	150.5-250.4
Hazardous	301-999	250.5-999999.9

*PM<sub>2.5</sub> information from the EPA.*

## When PM<sub>2.5</sub> is high:

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Turn on your air purifier



Keeps doors  
and windows closed

# TVOC

Total volatile organic compounds (TVOC) represents the total amount of harmful chemicals in your air, like formaldehyde and benzene.

TVOC levels:

Rating	Recommendation	TVOC (ppb)
Good	Target value	0-220
Moderate	Ventilation recommended	220-660
Poor	Intensified ventilation recommended	660-2200
Poor	Intensified ventilation necessary	2200-3300
Very Poor	Intense ventilation necessary	3300-4400
Very Poor	Intense ventilation necessary	4400-5500 & 5500+

*TVOC information from the German Federal Environmental Agency.*

## When TVOC is high:

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Open windows or  
increase ventilation rate



Turn off your purifier

# Carbon Dioxide (CO<sub>2</sub>)

Carbon dioxide is a colorless, odorless gas that can make you drowsy, lethargic, and even give you a headache.

Carbon dioxide levels:

Rating	Recommendation	CO <sub>2</sub> Concentration (ppm)
Good	Limited or no health effects	400-1000
Moderate	Ventilation recommended	1000-1500
Poor	Ventilation highly recommended	1500-2000
Poor	Ventilation required	2000-2500
Very Poor	Intense ventilation required	2500-5000
Very Poor	Intense ventilation required	5000-10000 & 10000+

CO<sub>2</sub> information from OSHA and ASHRAE.

## When carbon dioxide is high:



Open windows or increase ventilation rate



Turn off your purifier



Move to a larger space or outdoors

# Clean Air Habits

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

## Daily

- Ventilate when cooking or cleaning
- Turn on your humidifier as needed

## Weekly

- Dust, vacuum, and mop common spaces
- Wipe down your air purifier's pre-filter

## Periodically

- Test/replace HEPA purifier filter(s)
- Clean your humidifier with soap and water
- Check moist spaces for mold growth

**For more resources on air quality, please visit:**

<https://learn.kaiterra.com/en/air-academy>

**If you need help with your Laser Egg, please contact us at**

[support@kaiterra.com](mailto:support@kaiterra.com)