

## Fact 5

**Exposure to indoor carbon dioxide levels over 1000 parts per million (ppm) and airborne fine particles over  $15 \mu\text{g m}^{-3}$  has been associated with negative health effects.**



**Monitor in-kitchen carbon dioxide levels and particulate matter to alert occupants to improve ventilation when levels exceed prescribed  $\text{CO}_2$  and  $\text{PM}_{2.5}$  levels.**

### Home Occupants



- Install a carbon dioxide monitor to alert occupants about the ventilation conditions when levels exceed permissible limits.
- Install a particulate matter monitor to alert occupants about the levels of indoor emissions from cooking and other relevant sources.
- Install a carbon monoxide monitor to alert occupants in case of fire or increased levels of gas.
- Monitors are available separately or together in one unit, showing values as a traffic light system (green, amber, red) in layman format, warning occupants to open the windows, switch on the extraction fan, or leave the room.

### Builders & Homeowners



- Make provisions for installing carbon dioxide, carbon monoxide, and particulate matter monitors.
- Ensure kitchens have an effective ventilation system.

### Local Councils



- Prepare local guidelines for indoor air quality monitoring installations.
- Subsidise and facilitate the installation of carbon dioxide, carbon monoxide and particulate matter monitors in indoor kitchens.
- Promote the benefits of monitoring to achieve good indoor air and ventilation among local communities.



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