
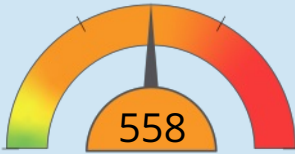
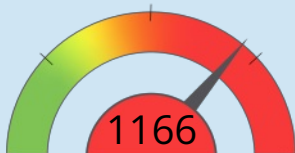
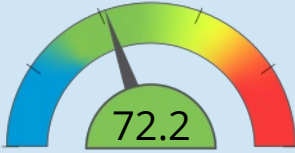
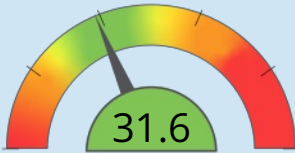
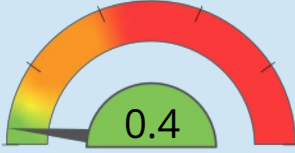


# FlashReport™ Test Results

**Conducted by:**  
Carteret Heating & Cooling  
jordan  
@carteretheatingandcooling.  
com  
252-393-7712

**Monitor ID:** 34995  
**Report ID:** 747769  
**Test Period:** 02/07/24  
03:39 PM

This report identifies air pollutants commonly found in homes and offers recommendations so you can make informed decisions about health, comfort, and safety indicators in your home.

HEALTH	Particulate Matter ( $\mu\text{g}/\text{m}^3$ )		Action Recommended
	Chemicals ( $\mu\text{g}/\text{m}^3$ )		Action Recommended
	Carbon Dioxide (ppm)		Action Required
COMFORT	Temperature (°Fahrenheit)		No Action Necessary
	Relative Humidity (RH%)		No Action Necessary
SAFETY	Carbon Monoxide (ppm)		No Action Necessary

**No Action Necessary:**

**Action Recommended for Sensitive Individuals:**

**Action Recommended:**

**Action Required:**

Within acceptable levels for most people.

Pollutant levels may affect some individuals like children, elderly, people with health conditions.

Pollutant levels above health guidelines for the general public.

Pollutants at levels deemed unhealthy by authorities; steps should be taken urgently.

If you are interested in a more in-depth analysis, ask your contractor about a multi-day test.



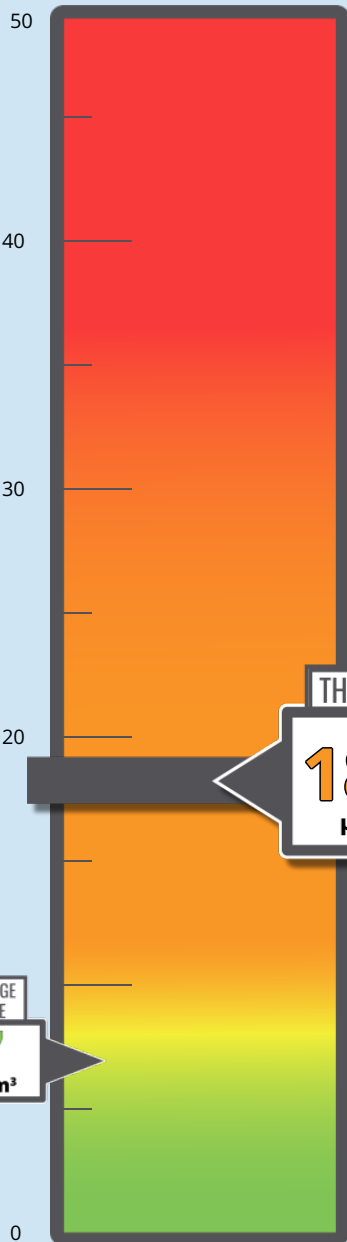
## WHAT WE FOUND IN YOUR HOME:

Particle levels were between

10-35  $\mu\text{g}/\text{m}^3$

Action Recommended

PM 10: 18.2  $\mu\text{g}/\text{m}^3$



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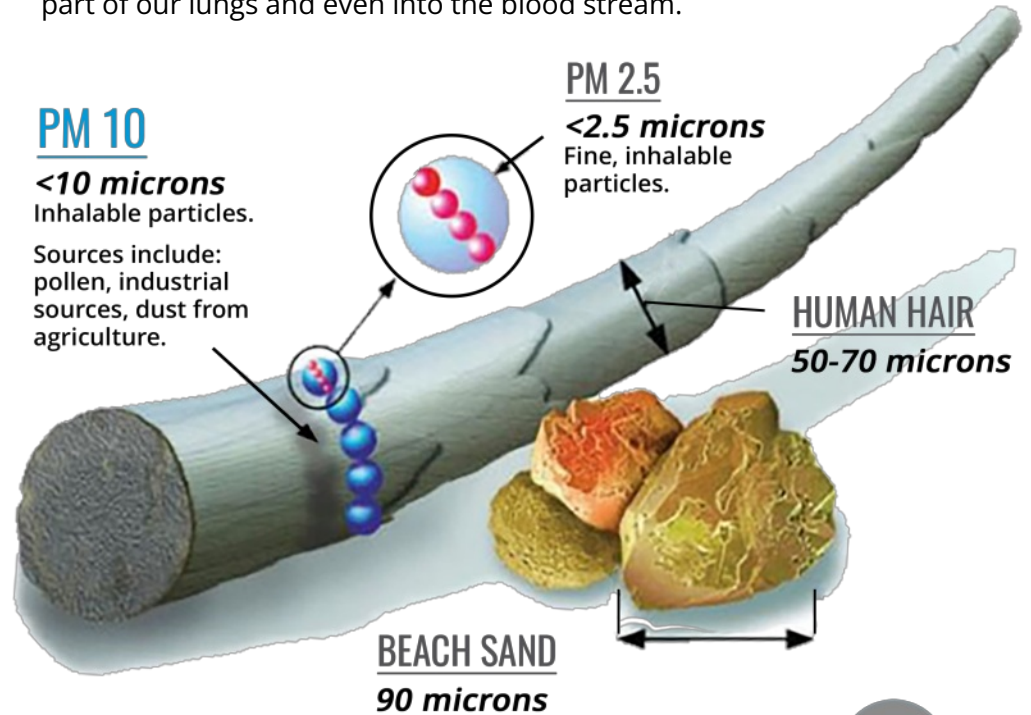
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## HEALTH: PARTICLES (PM 10)

### WHAT ARE PARTICLES?

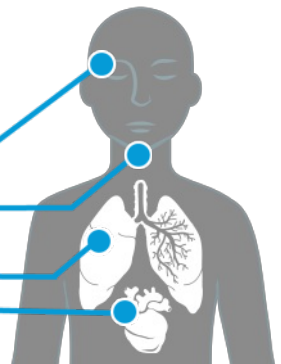
Particulate matter (PM) is a microscopic mixture of solid dust particles and liquid droplets found in the air, invisible to the eye. The smallest particles pose the greatest health risk. PM 2.5 is small enough to get in the deepest part of our lungs and even into the blood stream.



### HEALTH CONCERNS

Exposure to PM 2.5 is associated with:

- Eye irritation
- Asthma attacks
- Lung and throat irritation
- Trouble breathing
- Lung cancer
- Increased hospitalizations for heart and lung disease



### POTENTIAL CAUSES

- Combustion: cooking, candles, improperly vented combustion appliances
- Activities in the home such as cleaning and housework
- Heating and cooling system issues
- Pollution that originates from outside sources (pollen, wildfire smoke)

### RECOMMENDED ACTIONS

- Use range exhaust fan when cooking
- Inspect ductwork; seal and clean as necessary
- Replace filters or upgrade filtration to highest MERV-rated filter possible
- Upgrade thermostat to operate HVAC system fan on a schedule
- Consider portable HEPA filtration in frequently occupied zones

SCAN THE QR CODE FOR MORE INFORMATION:

Sources: Environmental Protection Agency (EPA), California Air Resources Board (CARB), International WELL Building Institute

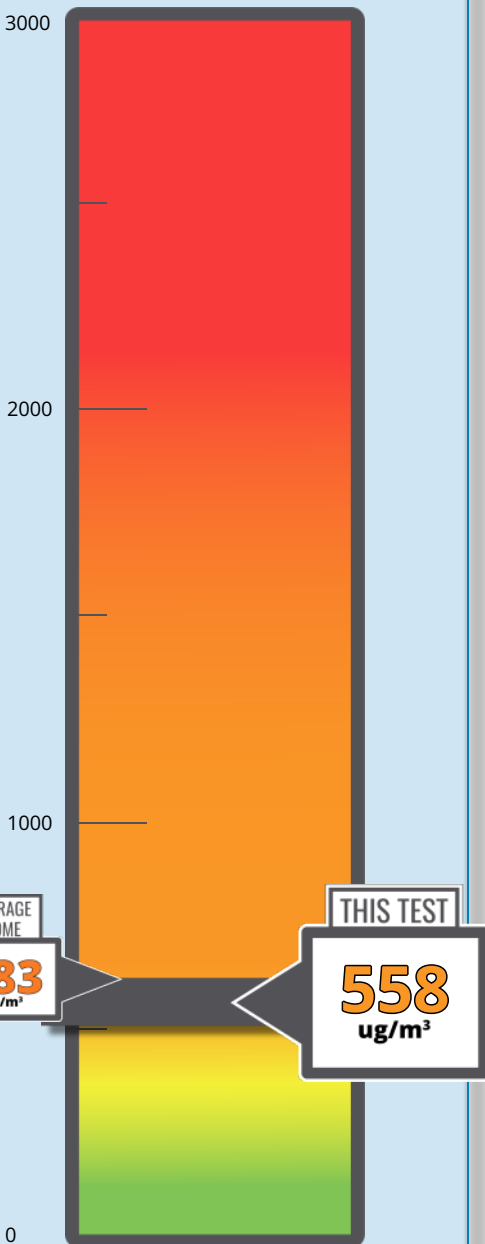


## WHAT WE FOUND IN YOUR HOME:

VOC levels were between  
**500-2000  $\mu\text{g}/\text{m}^3$**

**Action  
Recommended**

VOC: **558  $\mu\text{g}/\text{m}^3$**



**air**  
advice

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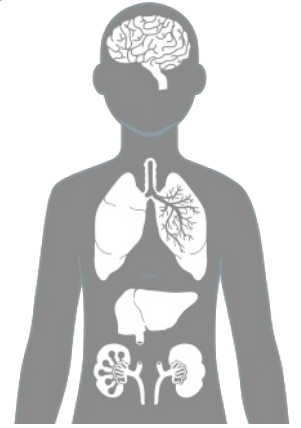
## HEALTH: CHEMICALS (VOCs)

### WHAT ARE VOCs?

Volatile Organic Compounds (VOCs) represent a broad category of chemicals that are present in numerous products we use to build and maintain our homes. Once these chemicals are in our homes, they are discharged or "off-gas" into the indoor air we breathe. They may or may not emit odors, so smelling is not a good indicator of health risk<sup>1,3</sup>.

### HEALTH CONCERNS

- Eye, nose, and throat irritation, difficulty breathing, asthma<sup>1,2,5</sup>
- Central nervous system damage, headaches, and dizziness<sup>1,2,5</sup>
- Skin problems<sup>1,2</sup>
- Damage to the liver and/or kidneys<sup>1,2</sup>
- Linked to fertility issues, cancers, neurological and learning disabilities<sup>4,5</sup>

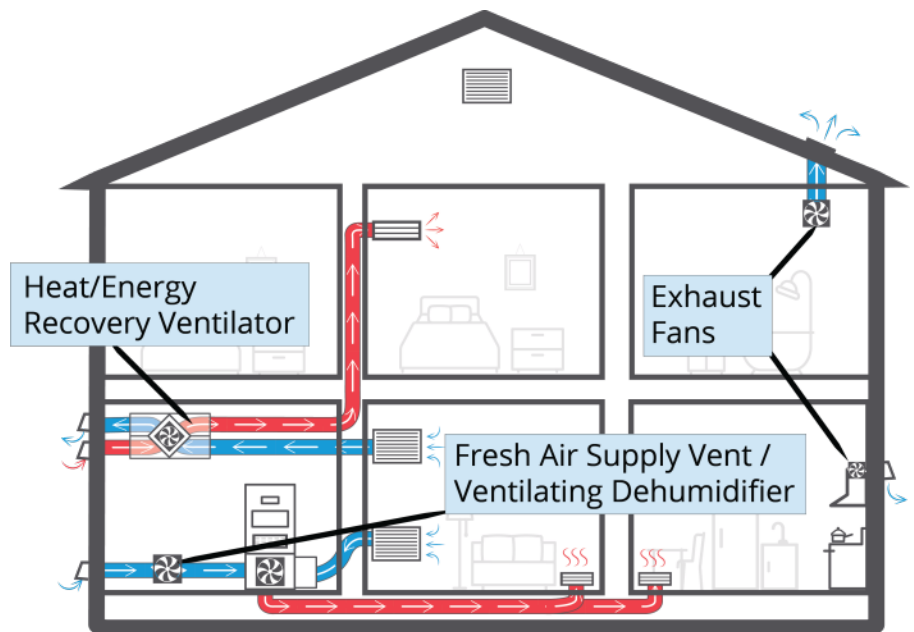


### POTENTIAL CAUSES

- **Building materials and furnishings:** furniture, flooring, wood products, rugs, carpets, paints, sealants, glues, adhesives and insulation<sup>1,2,5</sup>
- **Household Products:** cleaning supplies, cosmetics, scented products, air fresheners, and toys<sup>1,2,4,5</sup>. Stored fuels in attached garages<sup>2</sup>.

### RECOMMENDED ACTIONS

- Reduce VOC sources: scented products, cleaning fluids, candles<sup>5</sup>
- Heat or energy recovery ventilator (HRV/ERV)
- Fresh air supply vent or ventilating dehumidifier
- Exhaust-only ventilation
- Install carbon filtration to capture VOCs



**SCAN THE QR CODE FOR MORE INFORMATION:**

Sources: (1) Environmental Protection Agency (EPA), (2) HealthLinkBC, (3) Minnesota Department of Health, (4) Endocrine.org, (5) American Lung Association



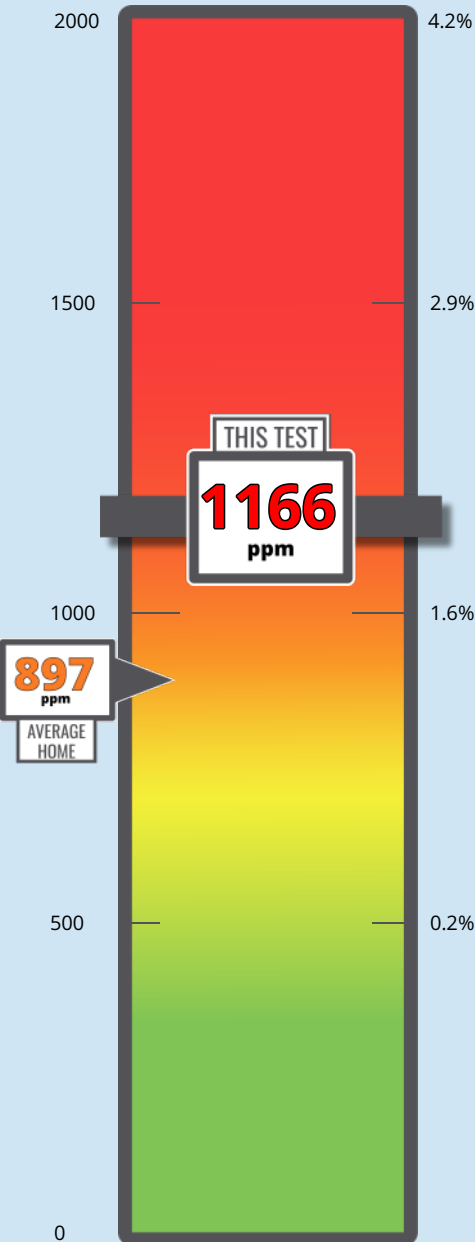
## WHAT WE FOUND IN YOUR HOME:

CO<sub>2</sub> levels were above  
**1000 ppm**

**Action  
Required**

CO<sub>2</sub>: **1166 ppm**

Rebreathed fraction: **2.10%**



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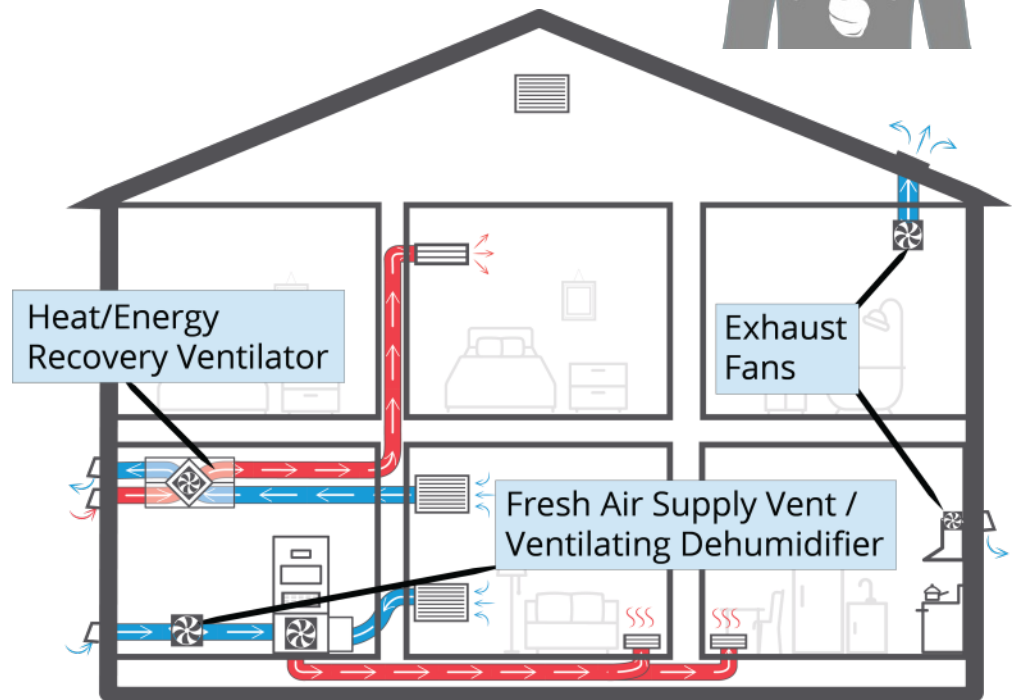
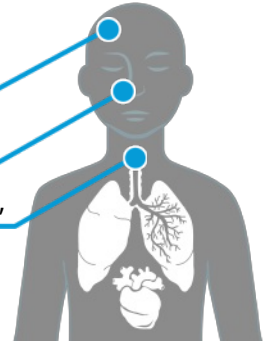
## HEALTH: CARBON DIOXIDE (CO<sub>2</sub>)

### WHAT IS CARBON DIOXIDE?

Carbon dioxide (CO<sub>2</sub>) is a gas we exhale. It builds up in the home when there is no mechanical ventilation for fresh outdoor air. Ventilation has a great impact on health, comfort, and performance. Well ventilated homes with adequate air exchange should have CO<sub>2</sub> levels of 600-1,000 ppm, with an average of 800 ppm or less<sup>1</sup>. The rebreathed fraction is the percent of the indoor air that has been previously exhaled<sup>2</sup>.

### HEALTH CONCERNS

- Lower cognitive function<sup>2</sup>
- CO<sub>2</sub> levels over 1,000 ppm - Higher risk of rhinitis (sneezing or a runny/blocked nose)<sup>3</sup>
- Eye irritation, sore/dry throat, coughing, sneezing, and stuffy, congested or runny nose
- Increased risk of airborne disease<sup>4</sup>



### POTENTIAL CAUSES

#### Source causes:

'Tight' or energy-efficient home construction without adequate ventilation, breathing, combustion activities

#### Heating & cooling issues:

Lack of supplied fresh air/ventilation, malfunctioning or shut-off ventilation, HVAC equipment needs repair

### RECOMMENDED ACTIONS

- Heat or energy recovery ventilator (HRV/ERV)
- Fresh air supply vent or ventilating dehumidifier
- Exhaust-only ventilation
- Inspect ventilation system to ensure performance and adjust as needed

**SCAN THE QR CODE FOR MORE INFORMATION:**

Sources: Environmental Protection Agency (EPA), California Air Resources Board (CARB), International WELL Building Institute

