

# FlashReport™ Test Results

Conducted by:  
Royal Air Pros



Monitor ID: ██████████  
Report ID: 752619  
Test Period: 03/06/24  
04:50 PM

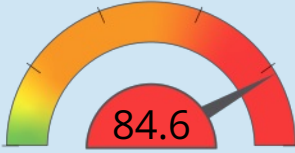
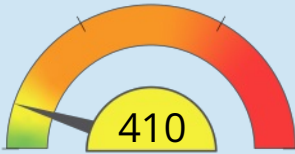
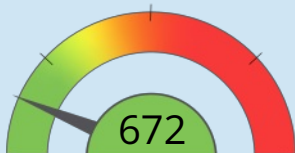
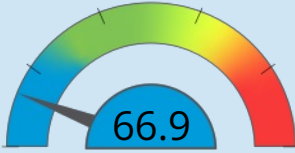
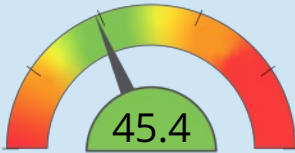
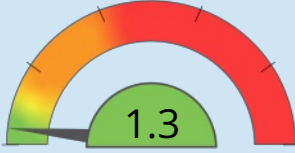
Outdoor Environment



48.2°F  
100% RH



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 Required
	Chemicals ( $\mu\text{g}/\text{m}^3$ )		Action Recommended for Sensitive Individuals
	Carbon Dioxide (ppm)		No Action Necessary
COMFORT	Temperature (°Fahrenheit)		Action Recommended
	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:

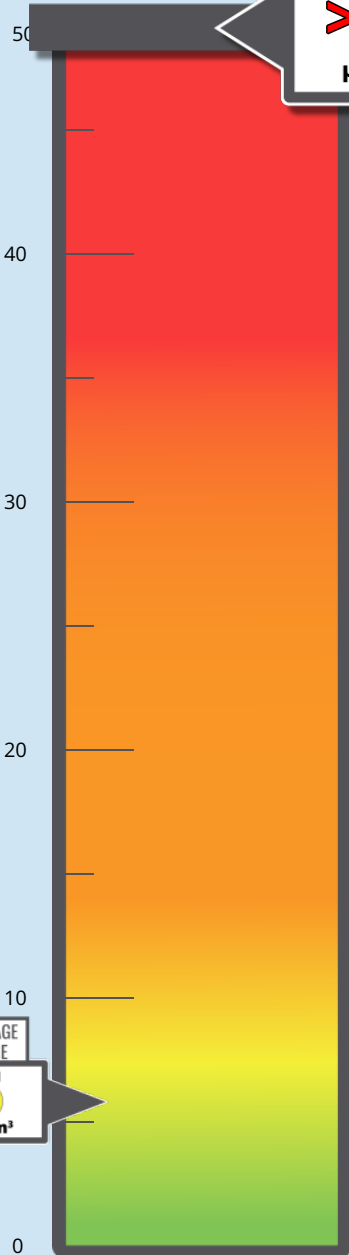
Particle levels were above  
**35  $\mu\text{g}/\text{m}^3$**

**Action Required**

THIS TEST

PM 2.5: >50  $\mu\text{g}/\text{m}^3$

**>50**  
 $\mu\text{g}/\text{m}^3$



**air**  
*advice*

[www.airadviceforhomes.com](http://www.airadviceforhomes.com)

© 2024 AirAdvice for Homes, Inc.

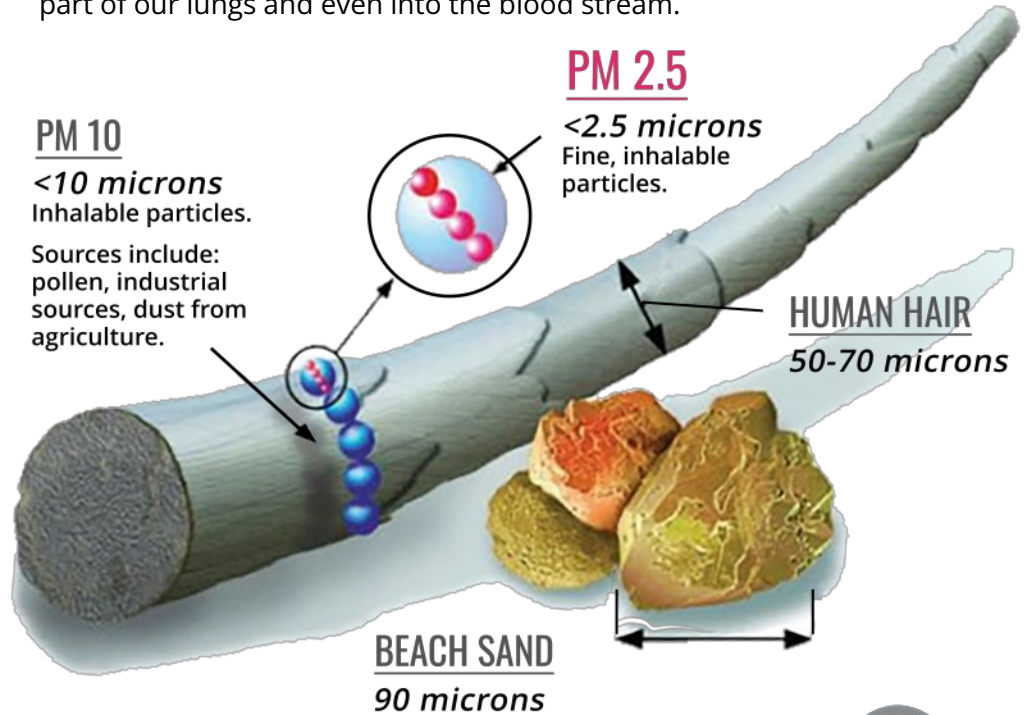
ALL RIGHTS RESERVED



## HEALTH: PARTICLES (PM 2.5)

### WHAT ARE PARTICLES?

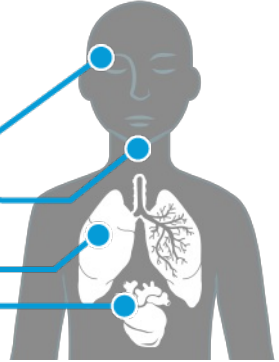
Particulate matter (PM) is a microscopic mixture of solid dust particles and liquid droplets found in the air, invisible to the eye. The smallest particles pose the greatest health risk. **PM 2.5** is small enough to get in the deepest part of our lungs and even into the blood stream.



### 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

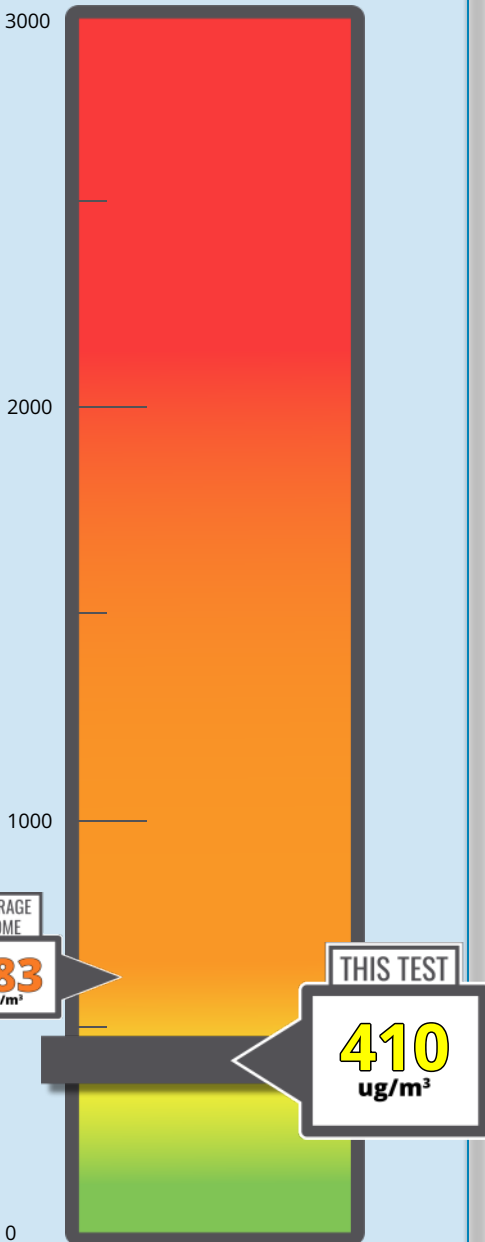


## WHAT WE FOUND IN YOUR HOME:

VOC levels were between  
**300-500  $\mu\text{g}/\text{m}^3$**

**Action Recommended**  
for Sensitive Individuals

VOC: **410  $\mu\text{g}/\text{m}^3$**



[www.airadviceforhomes.com](http://www.airadviceforhomes.com)

© 2024 AirAdvice for Homes, Inc.  
ALL RIGHTS RESERVED



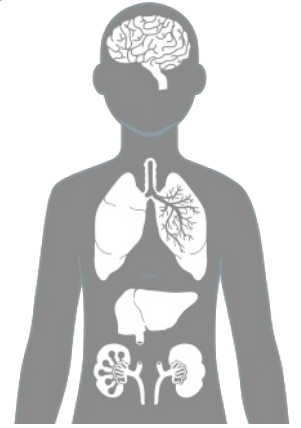
## HEALTH: CHEMICALS (VOCs)

### 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>

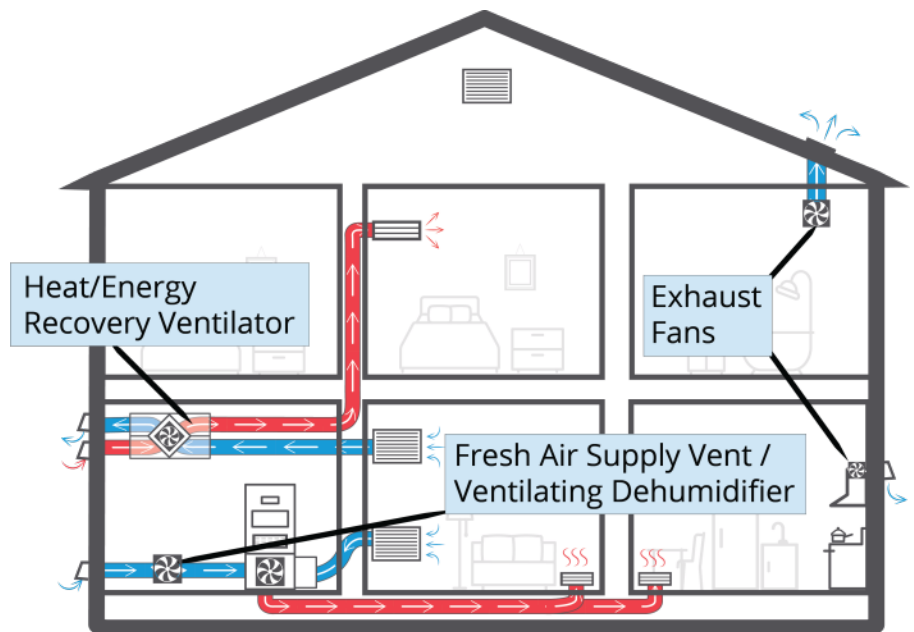


### POTENTIAL CAUSES

- **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

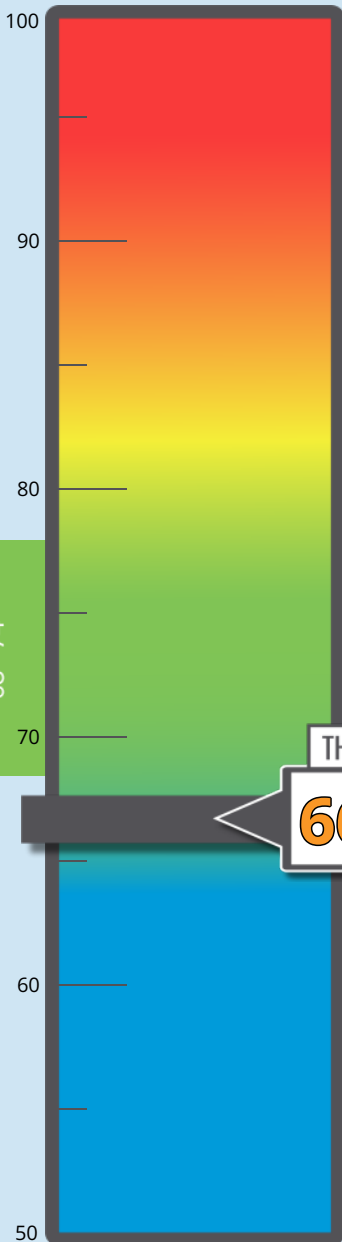


## WHAT WE FOUND IN YOUR HOME:

Temperature levels below **68°**

**Action Recommended**

Temperature: **66.9°**



[www.airadviceforhomes.com](http://www.airadviceforhomes.com)

© 2024 AirAdvice for Homes, Inc.  
ALL RIGHTS RESERVED

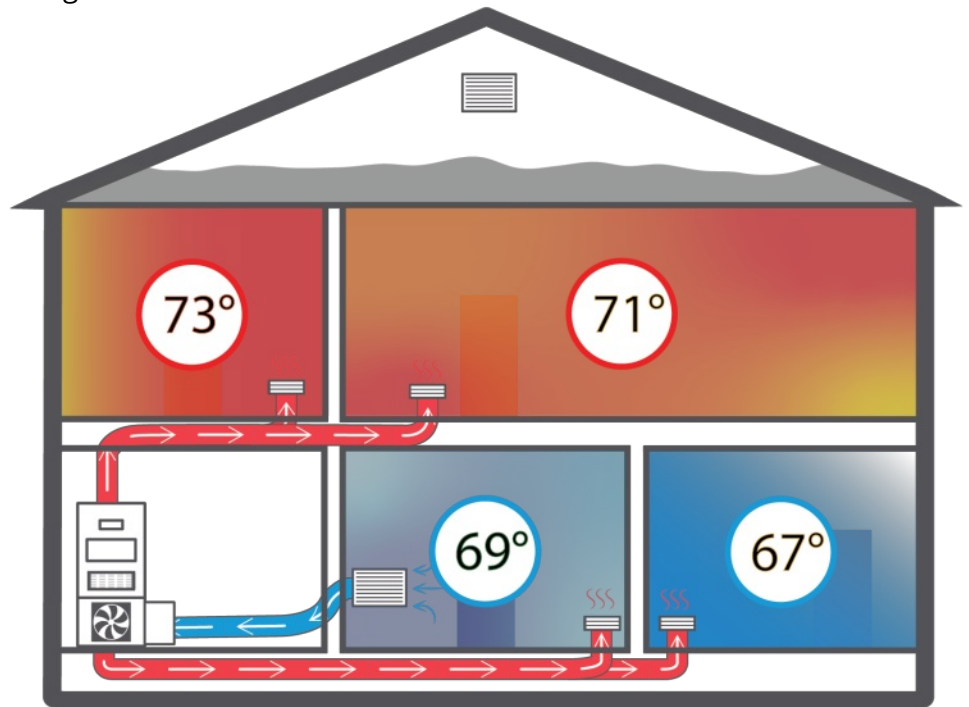


# COMFORT: TEMPERATURE (F°)

## WHAT IS THERMAL COMFORT?

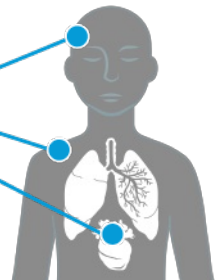
The National Institutes of Health (NIH) states thermal comfort (temperature) is linked to our health, well-being, and productivity. The thermal environment is one of the main factors that influence thermal comfort and, consequently, the productivity of occupants inside buildings.

The American Society of Heating, Refrigerating, and Air Conditioning Engineers (ASHRAE) Standard 55-2010, *Thermal Environmental Conditions for Human Occupancy* states that indoor temperatures in the winter should range from 68-74°F and 73-79° F in the summer.



## COMFORT & HEALTH CONCERNS

- Decreased productivity
- Discomfort
- Thermal stress (excessive heat)



## POTENTIAL CAUSES

- Inadequately sized ductwork, heat or AC equipment
- Leaky and/or imbalanced ductwork
- Poor thermostat location
- Inadequate/poor insulation
- Building air leakage (drafty house) from doors, windows, walls, etc.

## RECOMMENDED ACTIONS

- Verify heat, AC and ductwork are correctly sized for the home
- Seal leaky ductwork located outside of the conditioned area
- Upgrade thermostat for improved accuracy and energy savings
- Install zoning
- Seal building air leakage and add insulation

SCAN THE QR CODE FOR MORE INFORMATION:

Sources: Sources: ASHRAE Standard 55-2010, National Institutes of Health (NIH), National Academies Press, Energystar.gov, International WELL Building Standard Institute (IWBI)

