

Indoor Air Quality Feedback Report

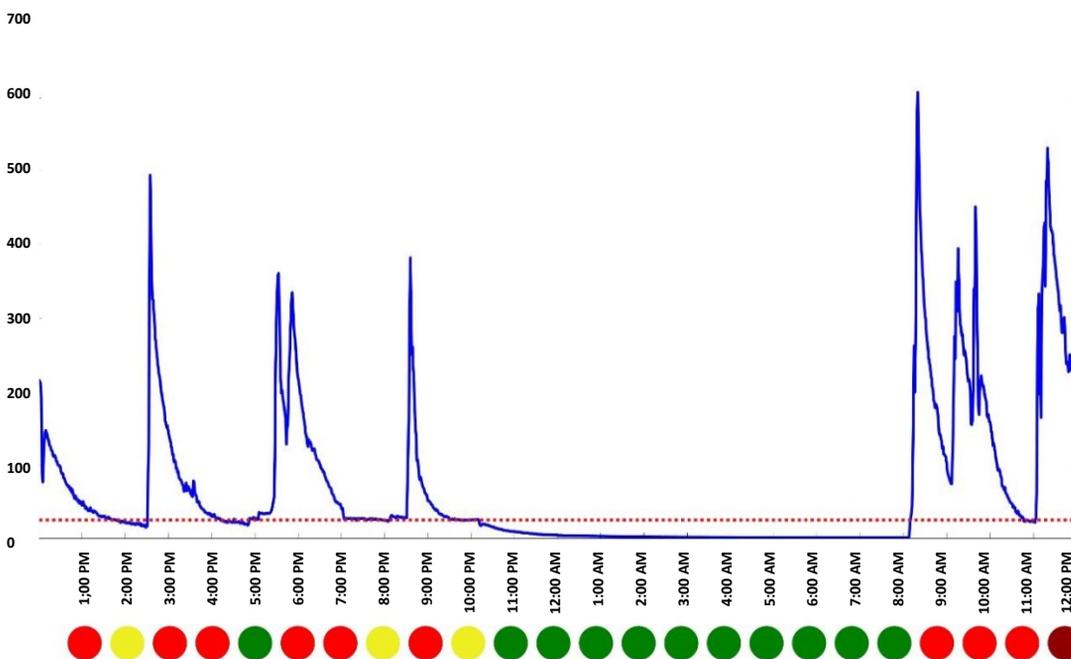
Household ID: MIR120001

Date: 31-12-2017

Indoor Air Quality (IAQ)

We have measured the air quality of your home using a machine called **Dylos**. Air quality means how clean or polluted your air is.

Within each household, the machine had been plugged into the electricity mains in the living area of the house (excluding kitchen) most commonly used by family members. It was kept at least 1 meter away from any doors, windows, or obvious potential sources of air pollution and left for 24 hours. The average reading had been calculated to determine the air quality level of each household.



— The blue line above indicates particulate matter concentration over time

..... This dotted line above indicates safe level recommended by World Health Organization (WHO)

● This means **risky** level of particulate matter concentration

● This means **moderate** level of particulate matter concentration

● This means **safe** level of particulate matter concentration

Particulate matter levels in your home

Particulate matter concentration (PM_{2.5}) is highly sensitive to changes in indoor tobacco smoking levels. High PM_{2.5} level indicates that all the members of the household are likely to be exposed to Second Hand Smoke. Below is your home status regarding particulate matter in your home air:

Total Measurement time in your home = 24 Hours

Average value of PM_{2.5} = 54 µg/m³

(This is more than 2 times the world health organization guidance limit of 25 µg/m³)

Maximum level record = 345 µg/m³

Total time your air quality is above the WHO guidance value = 50%

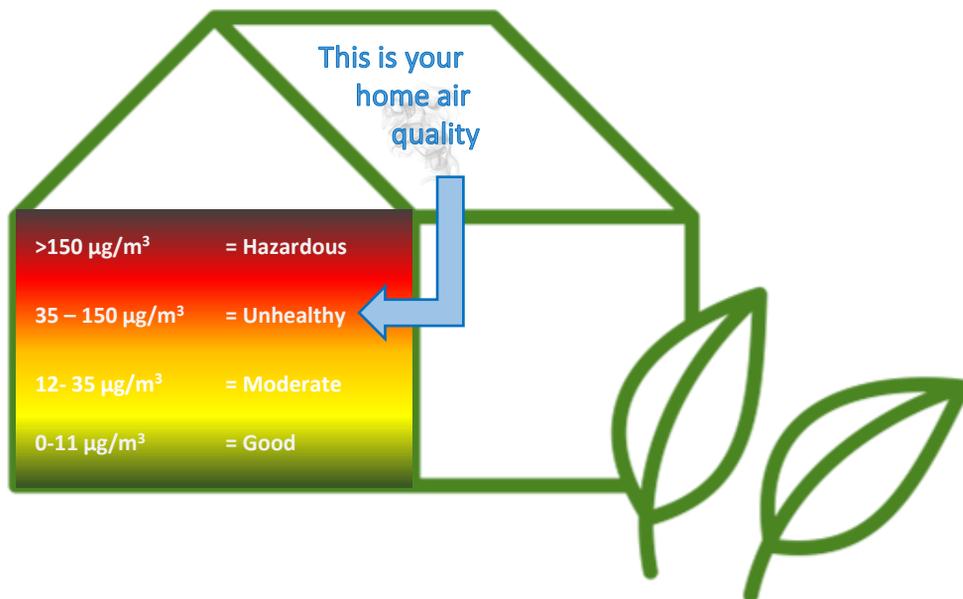
Secondhand smoke (SHS)

Secondhand smoke (SHS) is a mixture of 2 forms of smoke that come from burning tobacco:

Mainstream smoke: The smoke exhaled by a smoker

Sidestream smoke: Smoke from the lighted end of a cigarette, pipe, or cigar, or tobacco burning in a hookah. This type of smoke has higher concentrations of cancer-causing agents (carcinogens) and is more toxic than mainstream smoke. It also has smaller particles than mainstream smoke. These smaller particles make their way into the lungs and the body's cells more easily.

We measured your home's air quality and it is as below:



Harmful effects of secondhand smoking

Some of the adverse effect of secondhand smoking are as follows:

- An increase in the risk of heart attack, stroke and lung cancer for non-smokers
- Children are particularly susceptible to the damaging effects of breathing in smoke because they have smaller airways, they breathe faster and their immune systems are still developing
- Children exposed to smoke are more likely to have chest infections and suffer from wheezing and coughing
- Children living in a home where one parent smokes are 50% more likely to have middle-ear infections
- Children who grow up around smokers are three times more likely to become a smoker themselves

What can you do?

If you are a smoker,

- ✓ **Set a date** from when you will stop smoking at home
- ✓ **Commit to yourself** that if you feel like smoking, then go outside before you light the cigarette
- ✓ **Remove ashtrays** from your home/car. Put an umbrella at the door for rainy days.
- ✓ **Discuss your plans** to smoke-free with your family and friends and ask their support

If you are a non-smoker,

- ✓ **Make some no-smoking signs** with your kids and put them in your car and home to remind everyone
- ✓ **Do not allow guests or outsiders to smoke** at or near home
- ✓ **Teach your children** about secondhand smoking
- ✓ **Support the family member** who smokes to quit smoking at home