What can YOU do about indoor air quality?

If you are seeing high Speck readings, here are some steps you can take to ensure you are working to fight indoor fine particles and pollution:

1. Wash pillows, furniture (did you know you should vacuum furniture?), or plush toys frequently in hot water with gentle detergent
2. Limit window opening during times when pollen counts are high or when the weather is extremely hot.
3. Wipe surfaces with a damp cloth to remove dust, and wear a filter mask to ensure you are not inhaling dust.
4. Vacuum often, and do so with HEPA bags and filters with fine particle filtration.
5. To reduce volatile organic products, use simple cleaning products such as soap, vinegar, or baking soda, and reduce the use of pesticides or paint that contains VOCs.
6. Eliminate smoke and combustion acts or appliances (i.e. candles, the act of pan frying).
7. Filter outdoor air using a high performance filter in a circulation air system. To reduce indoor fine particles, use HEPA stand-alone fans or duct filters.
8. Tighten the house/building envelope to reduce the amount of outdoor pollution that makes its way indoors.

breathe easier...

Speck is an air quality monitor that detects fine particulate matter in your indoor environment and informs you about trends and changes in particle concentration. At its core, Speck is about empowerment. Data collected with Speck belongs to you, its user, and you have the power to decide how to apply that information and take action to breathe easier!

Speck Data and Features

Speck has Wi-Fi built in, enabling you to optionally connect it to your wireless network and compare indoor air quality to the air quality outside. Once online, and after registering it with your specksensor.com account, the Speck will continuously upload its data to specksensor.com where you can see its data in real time and explore its full history with your computer or mobile device.

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Speck

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Meet Speck! Your own household and workplace monitor to empower you to breathe easier. Speck makes the invisible visible and enables you to take control of your air quality to make your home or workplace a safer environment for you and your family.

Many people are already using Speck to monitor trends when using a vacuum, cleaning or dusting with different products, cooking, maintaining air conditioning systems, or testing air purification systems. Speck allows you to visualize the air you are breathing. You can't control what you can't measure, so use Speck to help you and your family breathe easier!

@SpeckSensor

Pollution is not only dirty, but it's toxicity is a direct contributing factor to many health problems.

Speck will watch over you 24/7 and allow you to find any negative trends in your air quality so that you can take action. Speck offers an accurate reading of the particulate matter floating around your nose on any given day.

Color coding and ratings for Speck readings can help determine when there is a significant shift in your home's air quality. Darker greens represent a relatively healthy range of air quality, while red and orange indicate poor air quality. Lighter colors fall in the medium range of particulate levels, and generally indicate unhealthy air quality.

Understanding Speck Readings

Particle Counts (particles per liter)	Estimated Weight (micrograms per cubic meter)	Air Quality Rating
8001-16000	321-640	Very High
4001-8000	161-320	High
2001-4000	81-160	Elevated
1001-2000	41-80	Slightly Elevated
501-1000	21-40	Moderate
0-500	0-20	Good

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Using Speck to monitor air quality around children can help protect them from respiratory issues and the spread of germs.

Taking control of the amount of particles in the air is as important to your family's health as using organic products or low VOC paint.

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Air Quality and Children

The average adult breathes over 3,000 gallons of air per day. Children breathe even more air relative to body surface area, breathing frequency, and heart rate. Children also spend more time engaged in moderate or vigorous physical activity, making them more susceptible to air pollution. As a result, children inhale more pollutants per pound of body weight. Our lungs contain over 40 different types of cells. As a child grows, their lungs may not achieve full growth and function if they are exposed to high levels of fine particulates.

Air pollution is a problem for all of us.

The air we breathe - both indoors and outdoors - is being polluted by vehicle emissions, fossil fuel burning, and chemical manufacturing.

We spend about 90% of our lives indoors.

Indoor pollutant levels can rise up to 100x higher than outdoor levels! Avoiding dirty air outdoors is difficult, but now you can use Speck to help reduce indoor pollution!

Using **Speck** to Monitor Air Quality

Clean air contains nitrogen, oxygen, and other natural gases. The air we breathe - both indoors and outdoors - is being polluted by vehicle emissions, fossil fuel burning, and chemical manufacturing. Most people associate air pollution with outdoors only because we can see see and smell smog, smoke, or emissions; however, indoor air can be much worse than outdoor air. Using Speck can help you identify indoor pollutants and reduce bad air quality inside your home.

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