

Use the **Raven Cleanair App** and enter your **CO<sub>2</sub>** numbers from public spaces.

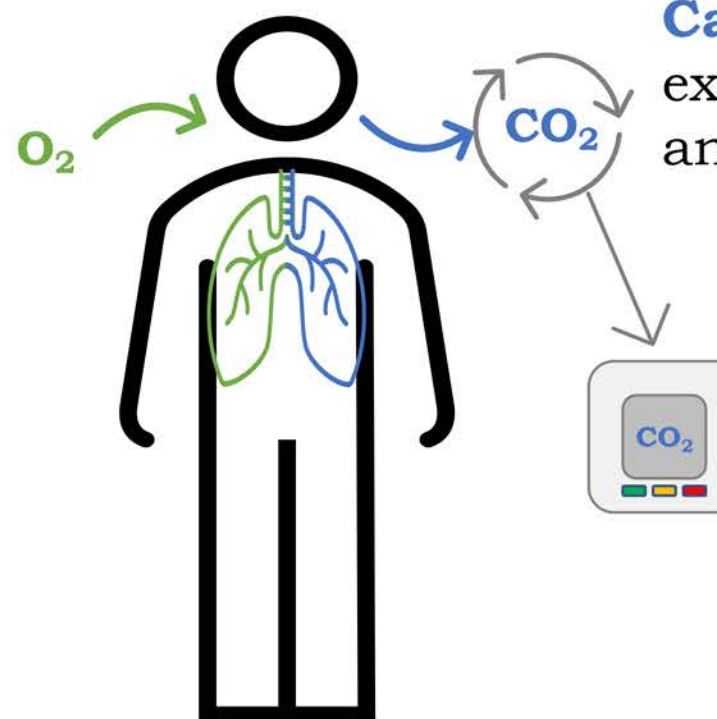
Website:  
<https://www.ravenapp.org/cleanair>



**References**  
 (scan QR code)



# Monitoring **CO<sub>2</sub>** to Understand Air Quality and Ventilation in Your Space



**Carbon Dioxide (CO<sub>2</sub>)** is a gas exhaled into the air by people and pets in our spaces.

**Monitoring CO<sub>2</sub>** in a space can give an indication of when we are breathing too much previously exhaled air.

**CO<sub>2</sub>** levels can be a **proxy for infection risk**.

The more **CO<sub>2</sub>** in our space, the less likely the air is being refreshed, or exchanged, with **clean air**.

## Using the **Aranet4 CO<sub>2</sub>** monitor



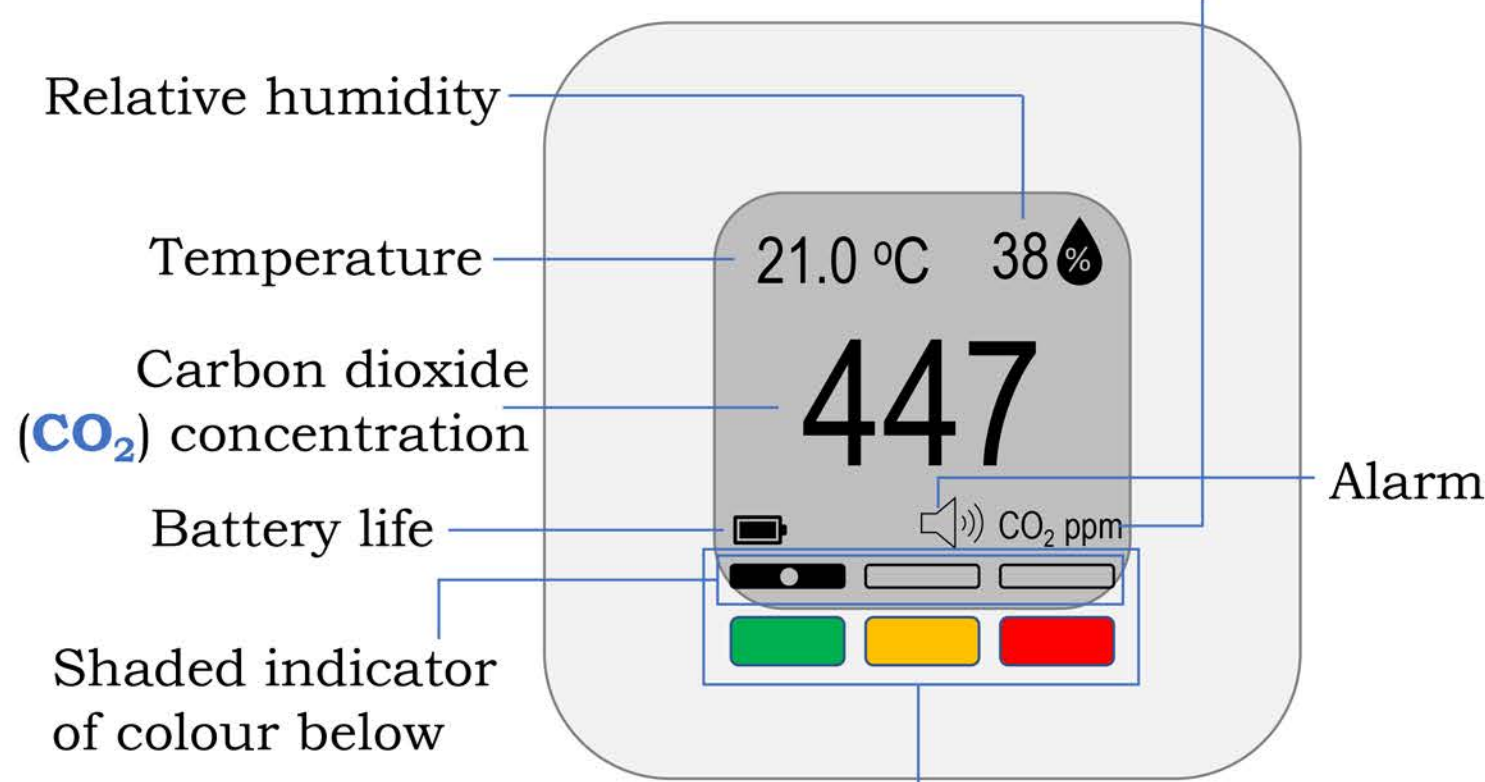
### Let's check your home's **CO<sub>2</sub>** levels!

Scan the QR code with your phone camera to follow along with the experiment and take **CO<sub>2</sub>** measurements in your space.

Or enter this website into your internet browser:  
<https://forms.gle/69oTwfEqJkgQwyEy6>



Indicator of what large center number is displaying



### Risk associated with measured **CO<sub>2</sub>** concentration

	> 1400 ppm	<b>High Risk</b>
	1000-1400 ppm	<b>Moderate Risk</b>
	< 1000 ppm	<b>Low Risk</b>

\*ppm = parts per million.  
 The number of parts of **CO<sub>2</sub>** there is in one million parts of air.

- Exposure to **high** levels of **CO<sub>2</sub>** has been linked to:
  - Decline in cognitive performance;
  - Headache;
  - Fatigue; and
  - Sleepiness.
 With *less* well-established symptoms like:
  - Chronic inflammation;
  - Kidney failure; and
  - Bone atrophy.