

Know The Air You Breath!



Indoor Air Is 2 To 5 Times Worse Than Outdoors

We Take an average of 20.000 Breaths Each Day of which 18.000 is indoors as we spend over 90% of our time indoors.

We don't think about what we're breathing in, and how that air might affect our bodies. Until it is to late! There is strong evidence that characteristics of buildings and indoor climate significantly influence rates of respiratory disease, allergy and asthma symptoms, sick building syndrome, and worker performance.

- Air indoors is 2 to 5 times worse than outdoors (EPA).
- Air quality is the single biggest environmental hazard in the world (WHO).
- 72% of toxic chemicals are indoors (UL).
- More than 50% of our schools have problems linked to indoor air quality (EPA).
- 213 million work days lost in the US only due to poor indoor air quality (ASHRAE).

- 7% of the American population suffers from asthma. 5% in the UK. Canada and Australia 14-15%. It rises each year since the '70's.
- An average family produces 10-12 liters of moisture per day.
- An average household produces 30 kilos of dust and dirt per year. (dust mites, allergens, fungi and bacteria).
- Studies show that a healthy indoor climate significantly increases productivity by 10-20%.
- A healthy indoor climate reduces illness and allergies and therefore reduces sick days significantly.

Indoor Air Quality and Health

Studies have found that good indoor air quality, appropriate ventilation with clean fresh air reduces infections and chronic lung diseases. In contrast, poor indoor air quality can cause or contribute to the development of infections, respiratory diseases, chronic diseases, allergies, and even stroke. Other common complications include immediate drowsiness, dizziness, headache and other phenomena.

Information At Your Fingertips

The uHoo app allows you to access all your measurements and historical data. You can view how your habits and activities affect your home and health.

- Keep an eye on your air quality: everywhere, every time.
- Share your device and air quality data with family or friends.
- Receive notifications and alerts when the air quality is bad.
- Customize when you want to be alerted or notified about the air quality.
- Record your respiratory conditions digitally.
- See current and historical data by the hour, day, week and month.

Air Toxins And What It Does To Your Health



CARBON DIOXIDE

accumulation inside the home is normally related directly to the number of occupants. Increasing carbon dioxide levels cause decreasing oxygen levels in the body, hampering the flow of oxygen to the brain. It makes you sleepy, lazy and low in energy.



CARBON MONOXIDE

is an odorless, colorless and toxic gas. Since CO is impossible to see, taste or smell, it can kill you before you are aware it is in your home. CO causes harmful health effects by reducing oxygen delivery to the body's organs (like the heart and brain) and

tissues. At extremely high levels, CO can cause death.



PARTICULATE MATTER 2.5

are fine dust particles or droplets in the air that are 2.5 microns or less in width. These are small enough that the body cannot filter them when inhaled and thus enter our lungs and absorbed into the blood and cause adverse health effects. Short-term health effects such as eye, nose, throat and lung irritation, coughing, sneezing, runny nose and shortness of breath. Long term exposure is associated with increased rates of chronic bronchitis, reduced lung function and increased mortality from lung cancer and heart disease.



VOLATILE ORGANIC COMPOUNDS

are emitted as gases from certain solids or liquids. While most people can smell high levels of some VOCs, other VOCs have no odor. VOCs can cause eye, nose, and throat irritation as well as headaches, loss coordination, and nausea. They may also cause damage



to the liver, kidney, and central nervous system. Some are suspected or known to cause cancer and asthma.



OZONE O3

is not emitted directly into the air, but is created by chemical reactions between oxides of nitrogen (NOx) and volatile organic compounds (VOC) in the presence of sunlight. Breathing ozone can trigger a variety of health problems, particularly for children, the elderly, and people of all ages who have lung diseases such as asthma. Inhaling fairly low amounts of ozone can still result in signs and symptoms such as coughing, congestion, wheezing, shortness of breath, and chest pain in otherwise healthy people. People with already existing asthma, bronchitis, heart disease, and emphysema may find their conditions worsen while inhaling ozone.

