

Low Cost Monitoring Project (LCMP)

Participate in this FREE program that has helped over 500 participants identify particle sources & improve their indoor air quality. Virtual sessions!



Objectives of the LCMP:

- 1) Explore the impacts of outdoor pollution on indoor air
- 2) Learn how air monitors empower occupants
- 3) Explore interventions to improve indoor air quality
- 4) Support and develop champions

Learn how to join the LCMP!



rocis.org/low-cost-monitoring-project/

The **ROCIS Mission:**
to reduce the impact of outdoor environmental pollution in southwestern Pennsylvania by creating healthy and energy efficient indoor environments where we live, work, and learn.



Contact

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With funding from

THE HEINZ ENDOWMENTS

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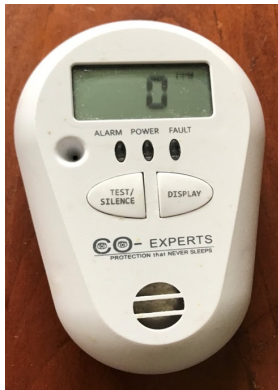
Reducing Outdoor
Contaminants in
Indoor Spaces



rocis.org

Monitor your home's indoor and outdoor air quality

Our Low Cost Monitoring Project (LCMP) Cohort includes kits that are loaned for 3+ weeks. The kit contains devices to measure particles, carbon monoxide, carbon dioxide, radon, temperature, and humidity.



← Carbon Monoxide Monitor

We welcome families to participate together!

Dylos Monitor (measures particles)



Take steps to reduce your exposure to poor air quality

- ☁ Reduce air exchange with the outdoors (close the windows when outside air quality is poor)
- ☁ Reduce indoor sources of pollution (use a ducted kitchen hood)
- ☁ Reduce resuspension (get rid of old upholstered furniture)
- ☁ Filter the air (with portable air cleaners or central forced air)



Protect yourself and your family from environmental toxins

Get feedback about your home's performance

Education is empowerment!

Radon Monitor ↓



↑ Carbon Dioxide Monitor

Over 500 participants!

"I was grateful to be part of the ROCIS Virtual Cohort! The time and effort to participate were well worth it. My family and I now feel like we have a greater understanding of our indoor and outdoor air quality and how to make changes to improve it. Thank you to everyone at ROCIS for this great opportunity!"

—Ann, Cohort Participant