

Low Cost Monitoring Project (LCMP)

Participate in this FREE program that has helped over 600 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

For LCMP Participation:
Elly Helgen
elisha.helgen@gmail.com

Other questions:
info@rocis.org

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THE HEINZ ENDOWMENTS
HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT



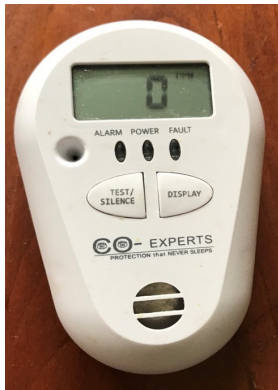
Reducing Outdoor
Contaminants in
Indoor Spaces



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 600 participants!

"Since moving to western Pennsylvania, where outdoor air quality can be challenging, I have struggled with severe allergies and respiratory issues. Thanks to ROCIS, I have seen a significant improvement in my indoor air quality."

—Mary Lou, Cohort Participant