

Using a Simple-to-Read Carbon Dioxide (CO₂) Monitor to Evaluate Ventilation in Your Workspace

TU TRABAJO NO
TE DEBE DAÑAR
YOUR JOB SHOULDN'T HURT YOU



Proper ventilation can help decrease COVID-19 transmission indoors.

1. What is a CO₂ Monitor?

- ❑ CO₂ monitors help you determine how much of the air in a room has been exhaled by you or someone else. High CO₂ levels means more exhaled air.
- ❑ The more exhaled air there is building up in a room, the more likely it is that *if someone in the room has COVID-19* (even without symptoms), the virus is circulating in the room's air.

Note: While UV-C lamps, HEPA filters, portable air cleaners, and some HVAC filters* can lower the amount of virus in the air, they won't change CO₂ levels.

*[MERV-13 filters](#) or higher are recommended to minimize virus transmission, but not all HVAC systems are compatible. Check your system requirements before installing new filters.

2. How do I use a CO₂ Monitor?

- ❑ Place monitor near the middle of a room, away from the incoming AC vents, and about 5 feet off the floor.
- ❑ Some monitors use color-coded lights to indicate different levels.

CO ₂ Level	Action
400 - 700	Ventilation is good. Risk is minimal.
700 - 1000	CO ₂ levels are elevated. Keep an eye on monitor, and open windows and doors if possible.
More than 1000	More than 1% of the air in the space has been exhaled by someone. Consider taking a quick break and having everyone leave the space until levels drop below 700.

3. What kind of CO₂ monitor should I get, and where can I get it?

- ❑ NDIR (non-dispersive infrared) CO₂ monitors work the best and cost about \$100-\$200.
- ❑ Some options for purchasing monitors online:

[Indoor CO2 Meter](#)

[PCE-CMM 5](#)

[CO2 Detector](#)

