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

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 mean 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.

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.

<table>
<thead>
<tr>
<th>CO₂ Level</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 - 700</td>
<td>Ventilation is good. Risk is minimal.</td>
</tr>
<tr>
<td>700 - 1000</td>
<td>CO₂ levels are elevated. Keep an eye on monitor, and open windows and doors if possible.</td>
</tr>
<tr>
<td>More than 1000</td>
<td>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.</td>
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</table>

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**

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*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.