

## What should I do?

We actually don't know much about what levels are "good" or "bad" at present, but there are some practical steps that can be taken to improve your indoor environment.

- ▶ **HEATING IN WINTER** – Public Health England suggest heating your home to at least 18C, particularly for those who have to sit for long periods, have long term illness or are over 65. Please contact Cornwall's Winter Well-being service (0800 554 2954) if you have concerns about adequately heating your home and seek further information and advice.
- ▶ **INSULATION** – To avoid the impact of cold homes and risk of condensation/mould growth, all homes should have adequate wall and loft insulation.
- ▶ **VENTILATION** – To avoid possible problems with humidity and issues such as condensation and mould growth, it is important to adequately ventilate and heat your home.
- ▶ **HUMIDITY** – Humidity can be reduced by avoiding drying clothes indoors and ventilation, living in homes that are adequate for the size of your household. You can contact Coastline Housing to obtain further information.
- ▶ **INDOOR AIR POLLUTION** – Changing concentration of levels: particulate matter (PM) and volatile organic compounds (VOCs) could involve things like ventilating or using different products. It is also important to ensure that any heating or ventilation systems are adequately installed and maintained. The things to be done will likely be dependent on your house and lifestyle.

For more guidance on improving indoor air quality see the British Lung Foundation website (<https://www.blf.org.uk/support-for-you/better-air-quality>) which has some practical solutions.

## What do I do if I am concerned?

Please feel free to speak to one of our Smartline team or contact us if you have any concerns about the data from your sensors. We are more than happy to explain the findings for your house with you.  
Email: [smartline@exeter.ac.uk](mailto:smartline@exeter.ac.uk) / Tel: 01872 258140

**Smartline**

Smart wellbeing inspired  
by the community

For more information please visit us at  
[www.smartline.org.uk](http://www.smartline.org.uk)



European Union  
European Regional  
Development Fund

South West  
Academic Health  
Science Network



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## Learning About Your Home

Sensor data analysis