

B-WELL-Mom Air Pollution Substudy
Participant Frequently Asked Questions

Q1: What if the lights (neither red nor green) on the MicroPEM do not turn on?

A1: Can you hear a humming noise coming from the MicroPEM? If you do, the MicroPEM is running properly and the LEDs may not be working. If not, call [name of clinic coordinator] at [phone number].

Q2: Why do I need to wear these monitors?

A2: Because we want to measure the concentrations of the pollutants that you are exposed to during your normal activities and in various environments. In order to that, we need you to wear the monitors. Your personal exposure levels throughout the day can be very different than those measured in your living room.

Q3: Why do I need to place these monitors in my living room?

A3: We are interested to see if your personal exposures are similar to living room (or other common room) home measurements. Although your living room is an area where you probably spend time each day, the pattern over time and the concentrations of pollutants measured in your living room will not be the same as those measured by your personal monitor and these differences can be important in health studies.

Q4: Is it okay if I take the monitors off when I go into my work office building?

A4: We prefer that you wear the monitors throughout the day. If you don't wear the monitors throughout the day, that information (such as your personal concentrations while you were at work) will be missing and it won't provide us with the whole picture. If you will need to take off the monitors, please put them on a table near you. If you wear the monitors for more than 70% of the time while you are awake, you will receive a gift card for \$20, between 50 and 70% a gift card for \$15 and less than 50% a gift card for \$10.

Q5: What if the monitors "feel too heavy" and bother me during the day?

A5: Call the clinic coordinator and indicate why the monitors were bothering you. The clinic coordinator can give you some options.

Q6: How do I return the monitors?

A6: You can call UPS (1-800-742-5877) to schedule pickup at your location. You can also drop the box off at a staffed UPS location. If that is not convenient for you, you can also bring the monitors back to the clinic site.

Q7: Will I be informed of the exposure results?

A7: No. There are no standard levels for personal or home indoor exposures to the air pollutants we are measuring. In addition, one person's results could be higher or lower than others in the study for various reasons that we are not measuring. But we encourage you to review the following websites

from the U.S. Environmental Protection Agency, Centers for Disease Control and Protection, and American Lung Association for information about air quality.

EPA: Care for Your Air: A Guide to Indoor Air Quality

<http://www.epa.gov/iaq/pubs/careforyourair.html>

EPA: Smoke-Free homes and cars

<http://www.epa.gov/smokefree/index.html>

CDC: Indoor Air Quality

<http://www.cdc.gov/healthyhomes/bytopic/airquality.html>

American Lung Association: Smokefree Multi-Unit Housing

<http://www.lung.org/assets/documents/healthy-air/smoking-in-multiunit-housing.pdf>

Q8. What are the links to the instructional videos posted on Youtube?

A8. See links below. The links are available within the participant questionnaires, "Start Air", "Indoor Monitor" and "Return Air Device" forms.

Start MicroPEM

<http://youtu.be/iU4uyPjcdL8>

Start CairClip

http://youtu.be/_6DaVSymHpg

Start Ogawa

<http://youtu.be/BiuRjT3G8AI>

How to Wear Personal Monitors

<http://youtu.be/1QO83shPRMQ>

Setting Up Indoor Monitors

http://youtu.be/R3ACi_8LNR4

End Monitoring and Pack Box

<http://youtu.be/Gv02ZfhDvQw>