



# INDOOR AIR QUALITY PRACTICES, RISKS, AND POLLUTANTS



## AMERICANS SPEND APPROXIMATELY 90% OF THEIR TIME INDOORS.

Because of this, the risks to health for many people may be greater due to exposure to air pollution indoors than outdoors. Children are particularly vulnerable to the effects of indoor air pollution because they breathe in more oxygen relative to their body weight than adults, and they also live closer to the ground where some pollutants reach peak concentrations at a time when their brains and bodies are still developing.

### HARMFUL INDOOR AIR QUALITY PRACTICES

- Inadequate ventilation
- High indoor humidity levels
- Home not kept clean
- Home is not in good repair inside and outside
- Water leaks are not fixed
- Using toxic chemicals, pesticides, and cleaning products indoors
- Smoking or using E-Cigarettes (Vaping) indoors
- Fuel burning (combustion) appliances are not maintained or properly vented to the outside
- No carbon monoxide detectors installed and maintained
- Not testing for radon
- Not testing for lead-based paint in pre1978 homes

### HEALTHY INDOOR AIR QUALITY PRACTICES

- Ensure adequate ventilation by opening windows and doors when possible. Run exhaust fans when cooking and showering.
- Lower indoor humidity levels to between 30% - 50% with ventilation or a dehumidifier
- Declutter, dust, and vacuum home regularly
- Keep home maintained and in good repair inside and outside
- Water leaks are properly fixed
- Fuel burning (combustion) appliances are maintained and properly vented to the outside
- Use non-toxic chemicals and cleaning products
- No smoking or using E-cigarettes (Vaping) indoors
- Install and maintain carbon monoxide detectors
- Test home for radon
- Pre1978 home tested for lead-based paint

### COMMON INDOOR POLLUTANTS

POLLUTANT NAME	CONTENT	COMMON LOCATION/INGREDIENT
Asbestos	Mineral fiber	Insulation, which is falling apart, and other deteriorating materials such as floor tiles, siding, and roofing
Mold, mildew, pollen, Wet or moist walls, humidifiers, cockroaches, dander, dust mites	Biological contaminant	Wet or moist carpet or padding, bedding, your furry pet
Carbon Monoxide	Colorless and odorless gas	Motor vehicles, furnaces, fireplaces, gas stoves, gas space heaters
Tobacco smoke, vaping aerosols	Smoke/aerosols	Cigarettes, cigars, pipes, other tobacco products, and E-cigarettes
Formaldehyde	Chemicals used in making of furniture and clothing	Pressed wood products, glues, cabinets and furniture, cigars, cigarettes, pipes, and permanent-press clothes
Lead	Toxic metal	Lead-based paint, solder in food cans and pipes, drinking water. Buildings constructed before 1979.
Organic Chemicals	Ingredients in household chemicals	Paints, aerosol sprays, dry cleaned clothing, disinfectant, arts and craft supplies.

1. Read labels carefully before purchase to choose a product that has the least amount of pollutants in it.
2. Follow the manufacturer's directions.
3. Make sure to wipe the container clean on the outside before sealing tight and putting away.