

WHY DOES INDOOR AIR QUALITY MATTER?

Exposure to indoor air pollutants can cause immediate health effects, such as difficulty breathing, headaches, dizziness, allergic responses, fatigue and even death in the case of carbon monoxide.

Long term exposure to air pollutants such as radon gas or formaldehyde can lead to cancers of the lung or blood. Heart and respiratory disease and neurological problems can also result from chronic exposure to particulate matter generated by vehicles, certain cooking techniques, wood smoke, and consumer products.

WHAT INFLUENCES WHETHER POLLUTANTS ARE FOUND INSIDE YOUR HOME?

The pollutants found inside homes depend on several factors such as:

Location: How close a home is to highways, industrial facilities or forest fires.

Geology: If the home is in a region with higher amounts of uranium in the soils around or near the home.

Design Features: These include things such as ventilation systems, fire-places, insulation type, vents, air conditioning and even renovations can influence how contaminants enter and remain indoors.

Home Activities: These include activities such as high temperature frying and burning wood or candles.

Consumer Products: These include products such as furniture, paints and cleaning materials. Plants can also contribute to problems in indoor air.



WHO IS MOST VULNERABLE?

Everyone can be affected by indoor air pollution, but certain population groups are more susceptible, including:

- Infants
- Children
- Those with pre-existing heart and lung diseases
- Those with health conditions such as COPD or asthma

Indoor air problems can occur in both older homes and brand new houses so everyone needs to pay attention to what is in the air around them.

