

Which air has more pollution?



EPA studies show that the **indoor levels of many pollutants** can be 2–5 times, and sometimes more than 100 times, higher than outdoor levels.

Since Americans spend about 90% of their time indoors, indoor air pollution is a **serious source of health risk**.



some sources of indoor pollution: paint • cleaners • mold • insect feces • radon • cigarette smoke
how to get rid of indoor pollution: remove the source • circulate air from outside • filter the inside air



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Learn more about indoor pollution!

Free resources at www.ccemu.org/healthrich/activities.