

Need more

Breathing Room?



Indoor air pollution is one of the top five environmental risks to public health.

Americans spend about 90% of their time indoors. So, we're exposed to indoor air pollutants more often and for longer periods of time than we are to outdoor pollutants. Some of the possible health effects of indoor air pollution are allergies, lung damage, asthma, and cancer.

Where does indoor air pollution come from?

volatile organic compounds (VOCs) • paints
• household cleaners • solvents • pesticides •
cosmetic products • new carpeting • synthetic
wood products • insulation • adhesives

biological agents • molds • bacteria • viruses
• rodents • dust mite and cockroach feces •
pollen • animal dander

odorless gases • carbon monoxide • radon

particulate matter • old synthetic carpet
• dust and soot from furnaces and fireplaces •
cigarette smoke • asbestos



How do I get rid of indoor air pollution?

source control • Good housekeeping is a simple and cheap method of source control. Household dust is loaded with biological agents and particulate matter.

ventilation improvements • Opening windows and doors or operating window fans speeds up the exchange of indoor and outdoor air.

Ventilation is especially important with activities like cooking and painting, which can generate high levels of indoor pollutants.

air cleaners • Many types and sizes of air cleaners are available. The most popular types use high efficiency particulate air (HEPA) filters to remove dust, allergens, bacteria, and other particles from the air.



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Learn more about indoor pollution and other timely health topics! Free resources at www.ccmu.org/healthrich/activities.