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.