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

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

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.