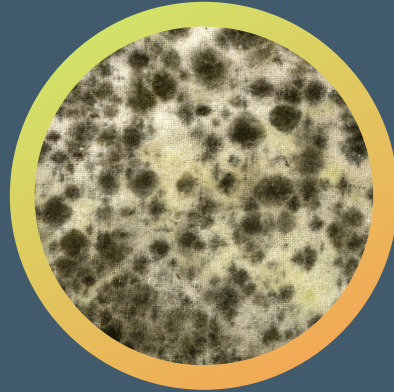


INDOOR

■ AIR ■

POLLUTION



Mould Spores

Moulds thrive in damp, poorly ventilated buildings and release fungal spores into the air we breathe. These spores can cause health problems for some people, such as worsening asthma symptoms.



Building materials and furniture

Formaldehyde, a chemical found in building materials and glues, can irritate the lungs and eyes.



Radon, a naturally occurring radioactive gas

Did you know that radon, a naturally occurring radioactive gas, can accumulate in indoor air and reach higher concentrations than outdoor air? Radon can be found in bedrock beneath buildings and can increase the risk of lung cancer when inhaled.



Paints, carpets, and other household products

Have you ever heard of volatile organic compounds (VOCs)? They are released from these household products, and can have adverse health effects when inhaled.



Wood, Coal Fires and Cooking Stoves

Wood and coal fires, as well as cooking stoves, emit large amounts of particulate matter into indoor air. These particles, called PM2.5, can be harmful to our health when inhaled. Make sure your home is well-ventilated to reduce your exposure to indoor air pollutants.

INDOOR

■ AIR ■

POLLUTION

Although indoor air pollution is responsible for nearly as many deaths worldwide, with 3.2 million deaths in 2020, it has not been given the same level of focus as outdoor air pollution, which is linked to approximately 3.5 million deaths, according to the World Health Organization (WHO).

The majority of individuals in developed countries spend approximately 80-90% of their time indoors, whether it be in their own homes or in public areas like schools, offices, transportation hubs, hospitals, and supermarkets. However, unlike outdoor air, there are no legally binding air-quality standards for indoor environments in most cases.

Air pollution causes illnesses such as: asthma, heart disease, stroke, lung cancer and possibly dementia.

How to minimise the risks of indoor air pollution



Improve Ventilation



Use Natural Products



Test For Radon



Use Air Purifiers



Maintain a Clean Home



Get Help From a Professional

