

Indoor Air Quality (IAQ)

IAQ

INTRODUCTION

We spend most of our time indoors surrounded by sources of air pollution. Consumer products, gas appliances, building materials, cigarettes, and furniture can all contribute to the problem. Yet, the toxic emissions from many of these sources are only partially or not at all regulated by federal, state, or local laws.

WHAT IS INDOOR AIR POLLUTION?

Indoor air pollution consists of toxic gases or particles that can harm your health. These pollutants can build up rapidly indoors to levels much higher than those usually found outdoors.

Sources of Indoor Air Pollution: These include: environmental tobacco smoke, carbon monoxide, nitrogen oxides, organic chemicals, formaldehyde, respirable particles, biological agents (bacteria, viruses, fungi, mold, mildew...), asbestos, lead and radon.

WHAT CAN YOU DO?

The most effective way to protect your family and yourself from indoor air pollution is to prevent or minimize the release of pollutants in the first place.

Also:

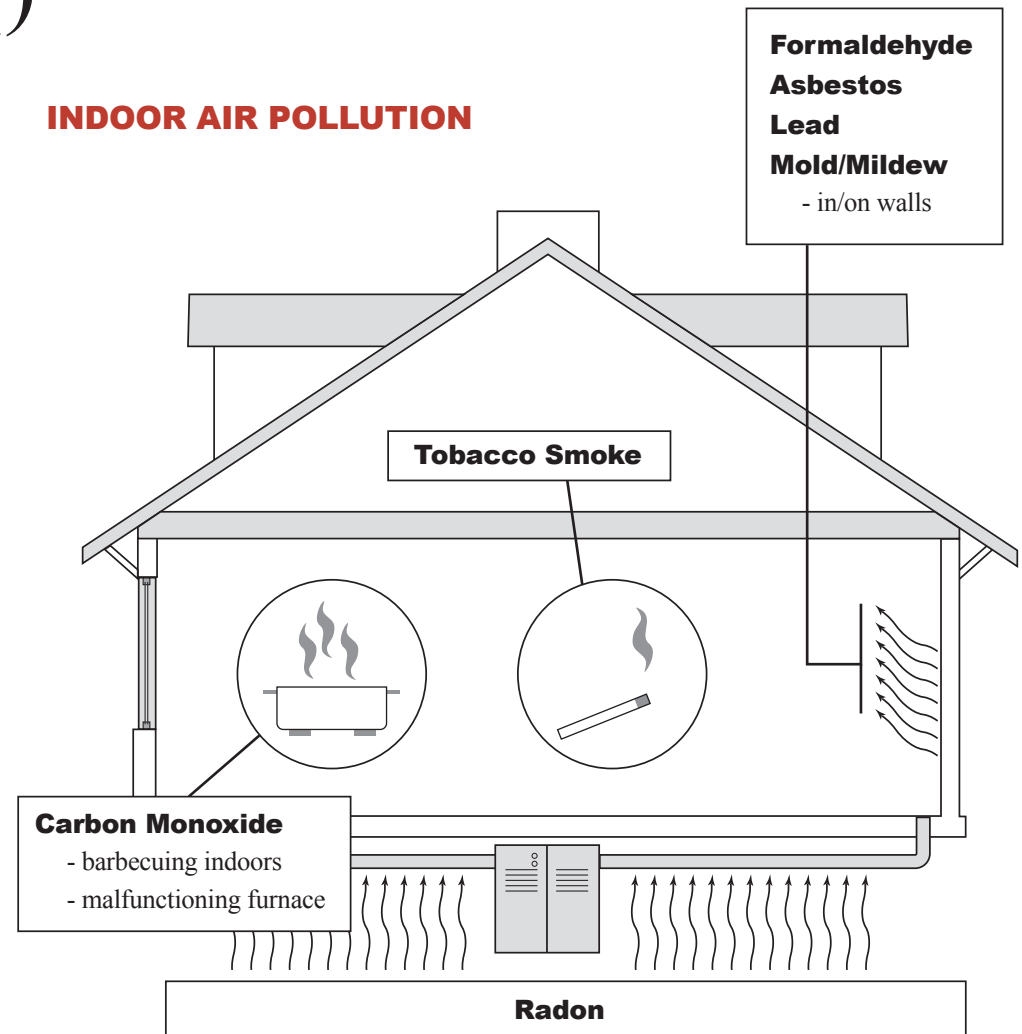
- Use low to no VOC products and building materials
- Restrict smoking; maintain appliances properly
- Use carbon monoxide detector
- Eliminate mold and mildew

CONTACT

- California Air Resources Board
<http://arbis.arb.ca.gov>
(916) 322-8282

[Source: California Air Resources Board]

INDOOR AIR POLLUTION



Sources of indoor air pollution. There are numerous sources of indoor air pollution that can be health hazards.