

INDOOR AIR QUALITY



POOR INDOOR AIR QUALITY KILLS MORE THAN **4 MILLION PEOPLE** AROUND THE WORLD, AND DISABLES MILLIONS MORE WITH CHRONIC ILLNESSES SUCH AS **COPD, CARDIOVASCULAR DISEASE, STROKE AND LUNG CANCER**, ACCORDING TO THE WORLD HEALTH ORGANIZATION.

YOUR GREATEST HEALTH RISKS FROM AIR POLLUTION MAY COME NOT FROM THE OUTDOORS, BUT FROM WITHIN YOUR OWN FOUR WALLS.

IT'S IMPORTANT TO KNOW THAT BECAUSE SYMPTOMS FROM POOR INDOOR AIR QUALITY CAN MIMIC THOSE FROM OUTDOOR ALLERGENS, THEY CAN BE OVERLOOKED AS OUTDOOR ALLERGIES.

POOR VENTILATION IN A HOME CAN LEAD TO THE PRESENCE OF MANY SOURCES.

SIGNS OF THIS INCLUDE;



• CONDENSATION ON WINDOWS OR WALLS



• SMELLY OR STUFFY AIR



• DIRTY CENTRAL HEATING AND AIR



• AREAS WHERE ITEMS LIKE BOOKS BECOME MOLDY



• COOKING EQUIPMENT

IT'S IMPORTANT TO NOTE the time and place symptoms occur. Investigate poor indoor air quality in a home if a person's symptoms fade while they are away, but re-emerge once they return to the house.

POOR INDOOR AIR QUALITY DOESN'T JUST COME FROM MOLD AND POLLEN, IT HAS MANY OTHER SOURCES



NATURALLY OCCURRING GASES SUCH AS RADON



DUST MITES



SECOND-HAND SMOKE



COMBUSTION FROM WOOD-BURNING



PET DANDER

TAKE STEPS TO REDUCE THE PRESENCE OF MOLD IN THE HOME



1.

VACUUM CARPET AND WASH BEDDING TO CLEAN PET DANDER AND DUST



2.

WATCH FOR **MOISTURE BUILDUP** IN YOUR HOME



3.

PROHIBIT SMOKING OF ANY TOBACCO PRODUCTS INSIDE A HOME



TALK TO YOUR DOCTOR OR THE HEALTH DEPARTMENT IF POOR INDOOR AIR QUALITY IS SUSPECTED, ESPECIALLY IF **SYMPTOMS BEGIN AFTER ANY OF THE FOLLOWING EVENTS:**



MOVING INTO A NEW RESIDENCE



AFTER YOUR HOME UNDERGOES REMODELING



YOUR HOME IS TREATED FOR PESTICIDES

For more information on indoor air pollution, visit premierhealthnet.com/familyhealth

SOURCES: Angelia Mickle, DNP, Jamestown Family Medicine; U.S. Consumer Product Safety Commission; World Health Organization (WHO); American Heart Association (AHA); American Lung Association (ALA); Environmental Protection Agency (EPA)