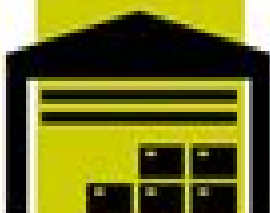


# INDOOR AIR QUALITY

HELPING YOU TAKE A PREVENTATIVE APPROACH



## SOURCES



Building  
Occupants

Building  
Materials

Carpets, fabrics

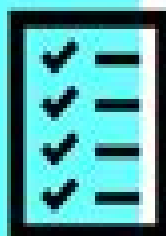
Off gas  
emissions from  
furniture,  
carpets, paints,  
cleaners,  
solvents,  
pesticides,  
disinfectants,  
glues

Damp areas,  
condensation  
pan

Photocopiers,  
electric motors

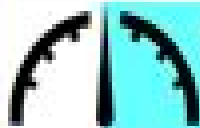
## CONTAMINENTS AFFECTING INDOOR AIR QUALITY

- Asbestos
- Biological Pollutants - bacteria, molds, mildew, viruses, animal dander and cat saliva, house dust, mites, cockroaches, and pollen
- Carbon Monoxide (CO)
- Cookstoves
- Formaldehyde/Pressed Wood Products
- Lead (Pb)
- Nitrogen Dioxide (NO<sub>2</sub>)
- Pesticides/Pests
- Radon (Rn)
- Indoor Particulate Matter
- Secondhand Smoke/ Environmental Tobacco Smoke
- Volatile Organic Compounds (VOCs)
- Wood Smoke



## CONDUCT AN IAQ INVESTIGATION

- ✓ Treat concerns promptly
- ✓ Collect health complaint data
- ✓ Look for patterns
- ✓ Check heating, ventilation and air-conditioning (HVAC) with building operator.



## MONITOR INDOOR AIR QUALITY

for facility operations, planning,  
regulatory requirements, construction,  
renovation activities or emergency response.

## 6 GREAT TIPS TO IMPROVE AIR QUALITY

1. **Keep it Clean.** A clean building is a healthier building.
  - Vacuum with a vacuum cleaner equipped with a HEPA filter. Opting for hard-surface flooring instead of wall-to-wall carpeting may also cut down on allergens.
  - Regularly clean items like bedding, drapes and soft furnishings, damp areas and flat surfaces that tend to attract allergens.
  - Clear clutter, because it traps and holds dust that can trigger a reaction.
1. **Keep an eye on live Greenery Indoors.** Indoor plants can be natural air purifiers, but they can also collect and foster the growth of mold and plant mites. So, if indoor allergens are a problem, you'll want to avoid them.
2. **Change Heater Air Filters.** If you have a forced-air heating system, be certain to change the filters regularly to ensure that dust and other airborne irritants get trapped instead of being recirculated throughout the home or office.
3. **Invest in an Air Purifier.** If you're allergic to indoor allergens air purifiers help capture some of the irritants that may trigger your symptoms.
4. **Manage Humidity.** Also consider a dehumidifier in damp areas, such as a basement, to help prevent the growth of mold. Ensure that bathrooms, another potential source of mold, are well ventilated as well and scrub off any visible mold that collects in the shower, on fixtures, or walls.
5. **Improve Ventilation In The Building.** Let the fresh air in. Even in the cold months, open windows from time to time to allow fresh air to move into the building. Also, move potential air contaminants out by using fans (i.e., in the kitchen to remove cooking fumes).

# Education And Training In Indoor Air Science

**Daniela Niemeyer**



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