

Home Indoor Air Quality Fact Sheet

- Studies of human exposure to air pollutants indicate that indoor levels of many pollutants may be 25 times, and occasionally more than 100 times, higher than outdoor levels.
- Most people spend 90% of their time indoors (65% that time at home).
- Over the past several decades, our exposure to indoor air pollutants has increased due to a variety of factors, including the construction of more tightly sealed buildings, reduced ventilation rates to save energy, the use of synthetic building materials and furnishings, and the use of chemically formulated personal care products, pesticides, and household cleaners.
- Comparative risk studies performed by the EPA and its Science Advisory Board have consistently ranked indoor air pollution among the top five environmental risks to public health.
- Typical sources of home indoor air pollution include: radon, mold, new building materials, new carpeting, combustion (for instance, smoke, wood burning, and gas ranges), home computers (offgassing chemicals used as flame retardants), and household chemicals.
- Health effects may show up years after exposure has occurred or only after long or repeated periods of exposure. Health problems from indoor air pollution can include respiratory diseases and cancer and can be severely debilitating or fatal. Long-term health effects are associated with indoor air pollutants such as radon, asbestos, and environmental tobacco smoke.
- Solutions to home air quality problems involve eliminating or controlling the sources of pollution, **increasing ventilation**, and installing air cleaning devices.

For more information about indoor air quality and ventilation, call us at 1.800.535.3448 or visit healthyairpeople.com

Sources: "The Inside Story: A Guide to Indoor Air Quality," United States Environmental Protection Agency and the United States Consumer Product Safety Commission, Office of Radiation and Indoor Air (6604J), EPA Document # 402-K-93-007, April 1995. "Targeting Indoor Air Pollution: EPA's Approach and Progress," U.S. Environmental Protection Agency, Office of Air and Radiation (6601), EPA Document # 400-R-92-012, March 1993.

178 Mill Street • Athens, OH • 45701 • 1.800.535.3448 • 740.594.2277 info@healthyairpeople.com • www.healthyairpeople.com

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