



## Indoor Air Pollution

We spend the majority of our time indoors. Especially when the weather outside is too hot, too cold, or too humid. But indoors there are pollutants you can breathe that affect your health. Outdoor air pollution is being monitored by governmental agencies, but only you are checking on the sources of indoor pollution inside your home.

Indoor air pollution comes from cleaning products, aerosol sprays, mold, dust mites, smoke, and pet dander added to the outside air pollution entering your home. Inside the air doesn't move around as much as outside, so the pollutants stay inside and settle on your carpets, furniture, and in your lungs!

The health risks associated with indoor air pollution are: asthma, allergic reactions, sinus infection, and irritation of the eyes, sinuses, throat, and nose, and lung cancer, among others.

## Who We Are: CEC at CEET

### About Us

The Community Engagement Core (CEC) works to provide research information from the Center of Excellence in Environmental Toxicology's (CEET) research team to community, professional, and public health decision-makers in order to improve clinical and public health. CEET receives grant support from the National Institute of Environmental Health Sciences (P30ES013508). Concerned with the effects on vulnerable populations including children, the elderly, and underserved populations, the CEC develops models and approaches to community environmental health. The CEC brings community concerns to the Center to guide environmental research ideas that affect the community's health. Some community environmental problems are investigated using Community-Based Participatory Research, making the citizens the scientists.

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Community Engagement Core (CEC)  
Center of Excellence in Environmental  
Toxicology (CEET)



## Did You Know?

Asthma rates are on the rise!

Dust mites live in everyone's bedding and can only be eliminated when bedding is washed in hot water.

Mold is considered an air pollutant. Breathing in mold can have serious health effects including allergic reactions, asthma flares, sinus congestion, and irritation of the eyes, nose, and throat.

Common household cleaners and aerosol sprays, such as hairspray, contain pollutants called VOCs, which stay in the air that you breathe.

Carpets and furniture are great at holding onto small particles and dust.

Paint, adhesives and pesticides contain chemicals that can irritate eyes, nose, and throat and can worsen asthma.



## What are some indoor air pollutants?

·Aerosol sprays (hairspray or cleaner), Dust mites, Mold, Smoke (cigarettes, fireplaces, and stoves), Radon, and Chemical Fumes

*No one is checking on the indoor pollution inside your home.*

Indoor air pollution is a problem for all types of homes, whether in a dense city or a rural town.

*We spend so much time inside, what are we actually breathing?*

Not everyone is the same – some people might be more sensitive to dust mites, particles, or chemicals.



## What can I do to help?

Be careful about using paints, chemical cleaners, glues and pesticides inside. If you have to use them, open the windows and turn fans on so the air can move outside. Always read directions and follow precautions when using chemicals.

Change the filters in your home heating and cooling systems. Wet dust and mop often. Vacuuming without a high efficiency particulate filter increases particles in the air.

Radon can cause cancer. Visit <https://www.epa.gov/radon> to get information on how to test your home for radon.

Don't smoke indoors. Smoking is no longer allowed in many public buildings and second hand smoke can cause asthma in children and worsen breathing problems for everyone.

Learn more about the outdoor air quality in your area so you know what you are breathing. Check out <http://airnow.gov/>

**Fun Activity for Kids!** Go home, using the map below, make a list of where you think you have indoor air pollution and how you can limit exposure to these pollutants.