

Health Effects

Immediate effects include irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. Such effects are usually short-term and treatable. Sometimes the treatment is simply eliminating the person's exposure to the source of the pollution. Symptoms of some diseases, including asthma, may also show up soon after exposure to some indoor air pollutants. Age and preexisting medical conditions are two important factors on how a person is affected by air pollutants. Whether a person reacts to a pollutant depends on individual sensitivity, which can vary a lot from person to person. Some people can become sensitized to biological or chemical pollutants after repeated exposures.

Certain effects are similar to those from colds or viruses, so it is often difficult to determine the cause of the symptoms. It is important to pay attention to the time and place symptoms occur. If the symptoms fade or go away when a person is away from home, an effort should be made to identify possible indoor sources.

Other health effects may show up years after exposure has occurred or only after long or repeated periods of exposure. These effects, which include some respiratory diseases, heart disease, and cancer, can be severely debilitating or fatal. It is good to try to improve the indoor air quality in your home even if symptoms are not noticeable.



Additional Information



U.S. Environmental Protection Agency
Indoor Air Quality
www.epa.gov/iaq

State of California Indoor Air Quality Program
<http://www.cal-iaq.org/>

California Air Resources Board
<http://www.arb.ca.gov/research/indoor/indoor.htm>

General Indoor Air Phone Inquiries
Peggy Jenkins 916.323.1504
mjenkins@arb.ca.gov

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Indoor Air Quality



Useful Tips for Better Air Quality in Your Home

Soboba Tribal Environmental Department
951.654.5544 ext. 4129/4130

Indoor Air Quality

We usually think of air pollution as being outdoors, but the air in your house could also be polluted. Poor ventilation can increase indoor pollutant levels by not bringing in enough outdoor air to dilute emissions from indoor sources and by not carrying indoor air pollutants out of the home. High temperature and humidity levels can also increase concentrations of some pollutants. Sources include:

- Biological things like mold and pollen
- Tobacco smoke
- Household products and pesticides
- Gases like radon and carbon monoxide
- Materials used in the building such as asbestos, formaldehyde and lead

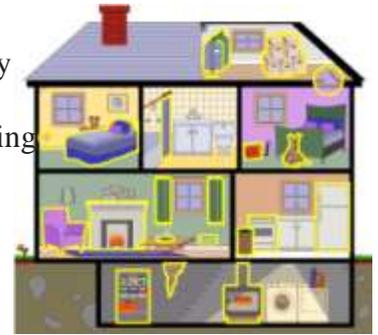
Making sure that your home is well-ventilated and eliminating pollutants can improve the quality of your indoor air.



Sources & Solutions

- Pets can trigger allergy and asthma attacks due to dander and hair. Vacuum and clean carpets and furniture often.
- Secondhand smoke from cigarettes and other tobacco products can trigger asthma and other respiratory illnesses especially in children. Do not smoke or let others smoke inside your home or car.
- Fireplaces and leaking chimneys are sources of carbon monoxide. Ventilate rooms that have fireplaces, make certain the flue damper is operational and fully open when in use, and ensure the chimney is properly sealed.
- Bathrooms are a common source of mold. Humidity from showers can cause moisture problems, which will lead to mold growth. Mold can cause allergic reactions, asthma, and other respiratory ailments. Installing and using a ventilation fan or keeping the bathroom window open will help to control moisture and inhibit mold growth.
- Dust mites can trigger allergy and asthma attacks. Dust mites are everywhere especially on pillows, blankets, carpets, furniture, and stuffed toys. Dust and vacuum your home regularly, wash bedding, and use allergen-proof mattress and pillow covers.
- Combustion heating and cooling appliances such as heating, ventilation, and air conditioning units, gasoline-powered heaters, and other appliances are sources of carbon

monoxide. Properly install, use, and maintain fuel-burning appliances. Install carbon monoxide detectors in living spaces.



- Pesticides can irritate the eyes, nose, and throat; damage the central nervous system and kidneys; and increase the risk of cancer. Don't leave food out, and if you must use pesticides, ventilate during and after use and follow directions to limit exposure.
- Common household cleaners, release Volatile Organic Compounds (VOCs), when used and stored. Store household products that contain chemicals according to manufacturers' instructions and keep all products away from children. Consider purchasing cleaners without VOCs.
- Paints, resins, paint thinners, and chemicals, and other products, will still release (VOCs) even while stored properly. Make sure there is plenty of ventilation when painting, remodeling, or using other products that may release VOCs. Consider purchasing low and no VOC products.
- Radon is the leading cause of lung cancer among non-smokers in the U.S. It is a naturally occurring radioactive gas that can enter a home through cracks and openings in floors and walls that are in contact with the ground. Testing your home is simple and inexpensive.