

INDOOR AIR QUALITY and **LUNG HEALTH**



01 What Is Indoor Air Quality?

- Indoor air quality means how clean or polluted the air is inside buildings
- Poor indoor air can irritate your lungs, eyes, nose, and throat
- People with asthma, COPD, allergies, children, and older adults may be more sensitive

02 Common Indoor Air Pollutants

Smoke - Cigarettes, vaping, candles, fireplaces, or cooking smoke

Mold - Often grows in damp areas like bathrooms, basements, or near leaks

Dust and pet dander - Can trigger allergies or asthma symptoms

Strong chemicals - Cleaning sprays, paint, air fresheners, or pesticides

Carbon monoxide - A dangerous gas that cannot be seen or smelled

Radon - A natural radioactive gas that can enter homes from the ground

03 How Poor Air Can Affect Your Lungs

Poor indoor air may cause or worsen:

- Coughing
- Wheezing
- Shortness of breath
- Sneezing or stuffy nose
- Eye, nose, or throat irritation
- Asthma or allergy flare-ups
- Headaches or dizziness

04 Ways to Improve Indoor Air

Ventilate when possible, use exhaust fans, control moisture using a dehumidifier, reduce smoke indoors (avoid smoking or vaping inside the home), clean regularly, and use air purifiers

