

common indoor air pollutants

Indoor air pollutants can come from a variety of sources, including building materials, furniture, cleaning products and even the floors you walk on inside your home. These pollutants can cause a range of health problems, from mild headaches and allergic reactions to serious respiratory illnesses. Being familiar with the most common indoor air pollutants and knowing how to reduce their presence in your home is essential for maintaining good indoor air quality.



carbon monoxide

Carbon monoxide is a colorless, odorless and tasteless gas that is highly toxic to humans and animals when inhaled, causing a variety of symptoms, including confusion, disorientation and even death.

Sources of carbon monoxide in your home include gas appliances (furnaces, ovens, water heaters), oil furnaces and fireplaces.

To protect yourself from carbon monoxide poisoning, make sure your appliances are fully vented to the outdoors and have a working carbon monoxide detector installed in your home.



radon

Radon is a radioactive gas produced by the breakdown of uranium in soil, rock and water. Radon tends to enter homes through cracks in walls or floors as well as from water used for showering, washing and doing dishes.

Most people are exposed to limited amounts of radon; however long-term exposure to radon that's trapped indoors can be dangerous and lead to serious health complications, including lung cancer.

Having your home tested and taking steps to reduce elevated levels of radon will help keep you and your family safe from this invisible hazard.



mold

Mold is a type of fungus that tends to grow and spread in high-moisture environments (both indoors and outdoors). If you have mold in your home, chances are good it originated in your bathroom, basement or another high-moisture room.

On top of its unsightly appearance, mold can cause a variety of health issues, including allergies, asthma, respiratory infections and skin irritation. It can also cause structural damage to buildings if left unchecked.

If you find mold in your home, it should be removed immediately by a professional mold remediation company.



pet dander

If you have pets in your home, you may be unknowingly subjecting yourself to allergies from pet dander. Pet dander is a type of allergen that is found in the fur, saliva and skin cells of animals. Carpets, furniture, bedding and other areas where pets spend time may harbor large amounts of dander.

The best way to reduce exposure to pet dander is to keep your pets out of the bedroom and off furniture. Vacuuming regularly with a high-efficiency particulate air (HEPA) vacuum cleaner can also help reduce the amount of pet dander in the home.





asbestos

Asbestos is a naturally occurring mineral fiber that was used in many building materials until the 1970s. Nowadays, asbestos is known for its carcinogenic properties. Its use is heavily regulated by the Environmental Protection Agency (EPA).

Despite these regulations, asbestos is still present in many older buildings and homes. If you suspect your home may have asbestos-containing materials (ACMs), you should have it tested by a qualified professional. If ACMs are present, they should be removed by a certified abatement contractor who specializes in handling hazardous materials like asbestos.

cleaning supplies & household chemicals

Although cleaning supplies like bleaches, laundry detergents and other household cleaners ensure your home is clean and sanitized, they also contain harsh chemicals that can be dangerous if used incorrectly or in large quantities.

It's not uncommon for household products to irritate the skin, eyes and throat as well as release dangerous chemicals known as volatile organic compounds (VOCs) into the air. These chemicals can negatively affect people with asthma and other respiratory issues.

To avoid the toxic side effects of using cleaning supplies, it's best to use natural cleaning products, wear cleaning gloves and open windows and doors to ensure proper ventilation when using cleaning supplies.

Improve and Maintain Your Indoor Air Quality with the Help of Vito Services
Call **1-800-438-8486** for More Information

