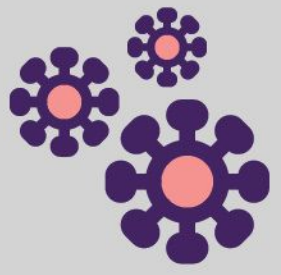
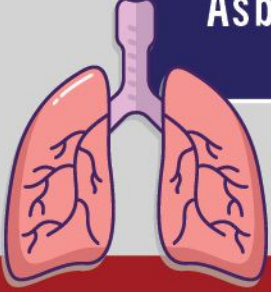


# Common Indoor Pollutants in the Air We Breathe



## Asbestos



- Class of minerals with long, thin and very strong fibers
- Found in old building materials, auto friction parts, packaging and coating materials
- Higher levels of airborne asbestos can be found during home remodeling
- Asbestos has been mostly banned but can still be found in some car parts and in building materials of homes built before 1980
- Prolonged inhalation leads to respiratory conditions

 **Prevention Tip:** Proper ventilation and filtration are necessary for removal

- Include viruses, bacteria, animal dander, dust, mites, mold and pollen
- Are or come from living things; small enough to be inhaled
- Humidity levels and standing water may increase pollutant prevalence
- Cause: Asthma, allergic reactions or other respiratory/health issues

## Biological Pollutants



 **Prevention Tip:** Moisture control, ventilation and relative humidity between 30-60% reduces occurrence

## Carbon Monoxide (CO)



- Odorless and colorless gas that is extremely toxic
- Particularly dangerous because it can remain undetected for extended periods
- Released by burning fuel (gas or wood fires)
- Vehicles, machinery, stoves, furnaces and heaters are common sources of CO
- Improperly adjusted pilot lights, if left too long in poorly ventilated spaces, could result in CO buildup
- Causes: Dizziness, nausea, confusion and death in extreme instances

 **Prevention Tip:** Proper maintenance on appliances (to avoid leaks) and CO detectors to warn of CO buildup

- Chemicals used to kill pests (rodents, weeds, insects, etc.)
- Though typically considered an outdoor air problem, 80% of people are exposed indoors
- Come in the form of sprays, liquids, powders and foggers
- Causes: eye, nose and throat irritation, headache/dizziness, muscular weakness and nausea
- Prolonged exposure could lead to other serious health issues

## Pesticides




 **Prevention Tip:** Utilize pesticides outdoors and keep pets and children away from indoor applications; maximize ventilation if used indoors to let fumes escape

## Indoor Particulate Matter



- Vary in size, matter and composition
- Larger particles are more problematic for the lungs
- May migrate inside from the outdoors
- Come from tobacco and other types of smoke, stoves, fireplaces and chimneys
- Cause: eye, nose and throat irritation
- Greatly affect those with respiratory or heart problems

 **Prevention Tip:** Install exhaust fans and ventilate all areas where there are stoves or burners; keep the interior of your home a smoke-free environment

 All airborne pollutants can get into your ventilation system, which will distribute the pollutant throughout your home if left unfiltered. That's why it's important to make sure you change your home's HVAC filters regularly and consider investing in UV and HEPA air filtration if any members of your household have preexisting conditions that may make them more sensitive to indoor pollutants.

Contact Vito Services Today  
For A Free Indoor Air Quality Consultation  
866-792-7154

