

COMMON CAUSES OF POOR INDOOR AIR QUALITY

Indoor air can be 2 to 5 times more polluted than outdoor air. Do you know what's lurking in the air you breathe at home?

Mold & Moisture

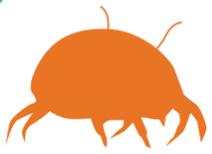
Excessive humidity inside a home can not only be uncomfortable and cause structural damage, but can also lead to mold growth.

Health Risks:

Asthma and allergies

What To Do:

Control humidity levels with a mechanical ventilation system and a whole home dehumidifier; Reduce mold and mildew with UV germicidal lights and air purifiers; Stop hot, humid air from entering your home with air sealing and upgraded insulation



Dust Mites, Pollen, Pet Dander, Bacteria & Viruses

Biological contaminants like dog and cat dander, pollen from trees and grass, dust mites, and even viruses and bacteria are all common to find inside homes.

Health Risks:

Allergies, asthma, illness

What To Do:

Change air filters on a regular basis; Upgrade to higher rated MERV filters or HEPA filters; Install UV germicidal lights and a whole home air purifier; Clean your home on a regular basis.

Carbon Monoxide

Carbon monoxide is an odorless gas created by gas or oil-burning furnaces, boilers, and water heaters, wood stoves, gas stoves, and more.

Health Risks:

Illness and sudden death—400 Americans a year are killed from accidental CO poisoning.

What To Do:

Schedule regular maintenance with a certified HVAC technician to ensure your HVAC system is venting properly; Install a carbon monoxide monitor near any combustible appliances.

CO₂



VOCs

Volatile organic compounds, or VOCs, are off-gassed from household cleaners, paints, air fresheners, and even new furniture and building materials.

Health Risks:

Irritation of the eyes, nose, and throat; headaches and nausea

What To Do:

Take action to reduce the use of VOC sources in your home when possible; Increase indoor ventilation; Upgrade to HEPA filters; Install a whole home air purification system.