

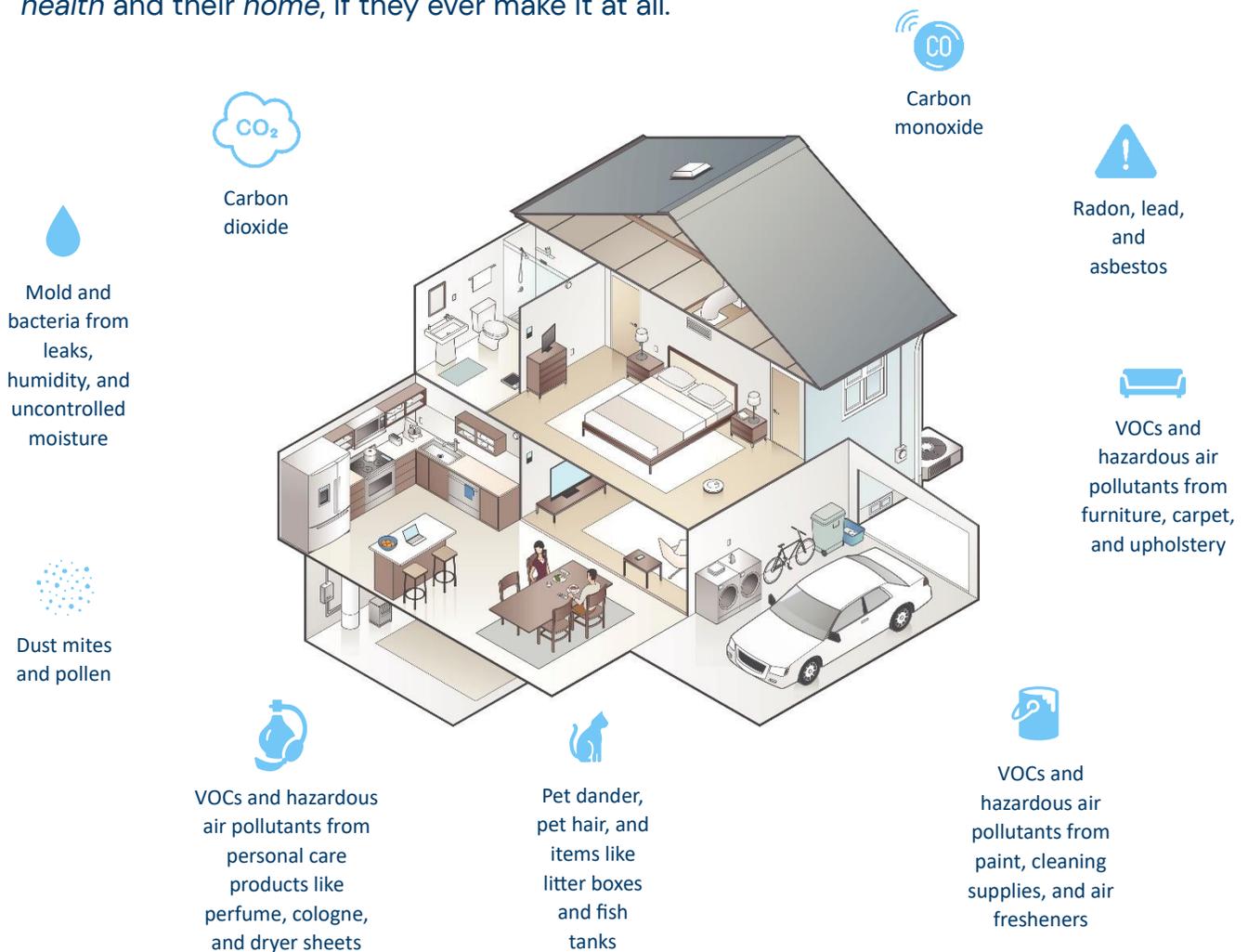
SOURCES AND SOLUTIONS FOR POOR INDOOR AIR QUALITY

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Why is indoor air quality important?

The average American spends more than 90% of their time indoors, breathing air that is potentially bad for their health.*

These indoor pollutants are often odorless, colorless, and invisible to the naked eye. They cause a wide variety of symptoms that can range from minor to life threatening. What's worse—it often takes people years to make the connection between their *health* and their *home*, if they ever make it at all.



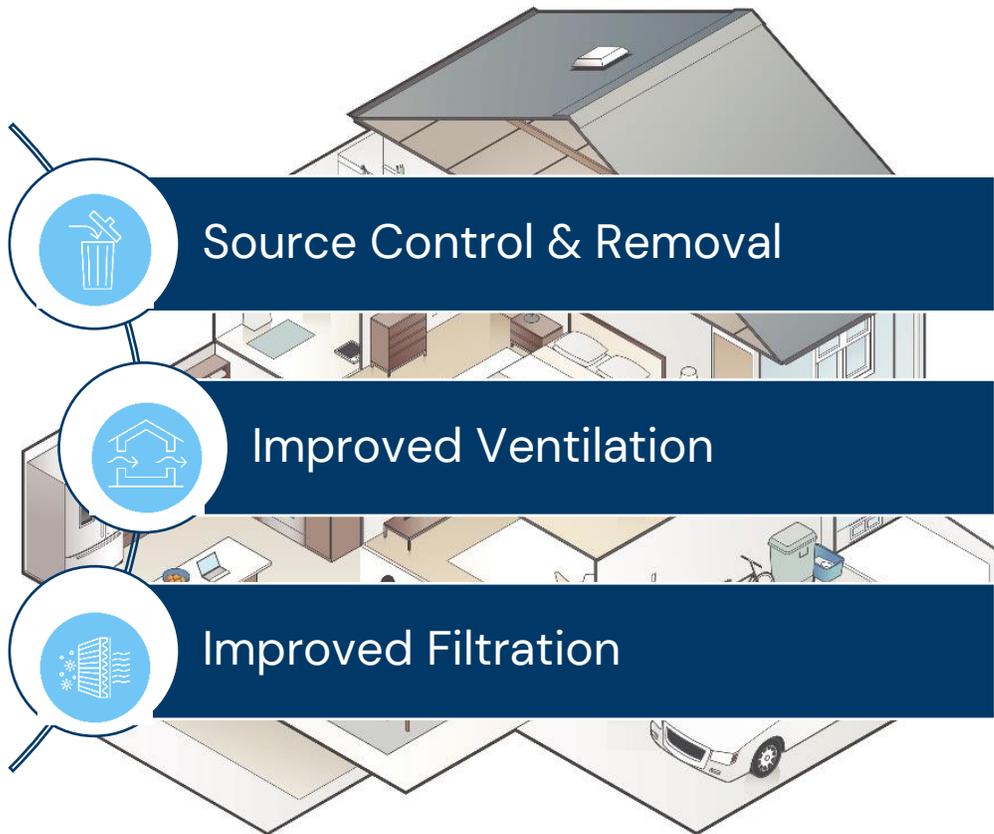
Spending 90% of your times indoors means...

- ✓ By the time you turn 40, you will have spent approximately 36 years indoors.*
- ✓ By the time children graduate, they have spent approximately 15,600 hours inside a school.*

Poor indoor air quality can affect you from conception to grave. To learn more, click [here](#).

*Source: Allen, Joseph G., and John D. Macomber. *Healthy Buildings: How Indoor Spaces Can Make You Sick—Or Keep You Well*. Harvard University Press, 2022.

THREE STEPS TO IMPROVE THE AIR IN YOUR HOME



Source Control and Removal: This is often the best way to limit exposure. Address mold and water-damaged areas quickly and safely. Be intentional and mindful when selecting and using building materials, furniture, cleaning products, and personal care products. Maintain appliances to decrease any accidental emissions. Professional remediation, mitigation, and abatement services may be needed for issues related to pests, mold, radon, lead, and asbestos. Implement preventative measures, regular maintenance, and an effective cleaning schedule.

Improved Ventilation: This typically involves increasing the amount of outdoor air that is brought into the home or building. At its simplest, it can involve opening doors and windows (as climate and weather allow). Using kitchen and bathroom fans during cooking and bathing will exhaust moisture and pollutants outdoors. Newer and more energy-efficient homes may require mechanical assistance from an energy recovery ventilator (ERV) or heat recovery ventilator (HRV) which are designed to bring fresh air from outside into your home or building.

Improved Filtration: This is often accomplished by upgrading and maintaining the highest rated MERV filter approved for the HVAC unit, and/or using portable air purifiers and air cleaners. Be sure your HVAC filter fits properly in your unit, with no extra gaps or spaces. Filtration can remove certain pollutants from the air. There are a variety of machines available today—some portable and some that attach to your HVAC unit. The effectiveness and cost of these types of machines vary greatly. More details on air purifiers and cleaners can be found [here](#).