



HOW TO IMPROVE AIR QUALITY

CONTROL THE SOURCE: LIMIT THE USE OF TOXIC CLEANING CHEMICALS, FIX LEAKS PROMPTLY, AND TEST YOUR HOME FOR RADON.

ENSURE ADEQUATE VENTILATION: OPEN WINDOWS WHEN WEATHER PERMITS AND USE EXHAUST FANS IN MOISTURE-HEAVY ROOMS LIKE KITCHENS AND BATHROOMS TO DILUTE INDOOR POLLUTANTS.

USE AIR FILTRATION: UPGRADE YOUR HVAC FILTERS (E.G., TO HIGH-EFFICIENCY MERV FILTERS) AND CONSIDER USING STANDALONE HEPA PURIFIERS FOR SPECIFIC ROOMS.

MANAGE HUMIDITY: KEEP INDOOR RELATIVE HUMIDITY BETWEEN 30% AND 50% TO RESTRICT MOLD AND DUST MITE GROWTH.



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Indoor Air Quality

Indoor air quality (IAQ) refers to the environmental characteristics inside buildings that affect the health, comfort, and safety of occupants.

Because Americans spend approximately 90% of their time indoors, IAQ is a critical component of personal health, with indoor pollutant levels sometimes measuring two to five times higher than outdoor air.



COMMON POLLUTANTS

- **Volatile Organic Compounds (VOCs):** Emitted as gases from certain solids or liquids, including paints, varnishes, cleaning supplies, and new furniture.
- **Particulate Matter (PM):** Dust, pet dander, pollen, and mold spores that circulate through the air.
- **Radon:** A naturally occurring, radioactive gas that can build up in homes, recognized as a leading cause of lung cancer.
- **Carbon Monoxide (CO):** A lethal, colorless, and odorless gas typically emitted by malfunctioning fuel-burning appliances.
- **Mold:** Thrives in areas with high humidity, such as bathrooms, kitchens, and water-damaged materials.

Warning Signs

Physical symptoms: Headaches, dizziness, nausea, and frequent coughing or sneezing that improve when you leave the building.

Environmental red flags: Stuffy, stale air, noticeable musty odors, or lingering chemical smells.

Visible damage: Moisture condensation on windows, peeling paint, or visible mold growth on walls and carpets.

Common Air Pollutants that Affect Indoor Air Quality

From microscopic particles to invisible gases, these pollutants can negatively impact our health and well-being. Let's take a deeper look at the common culprits.

