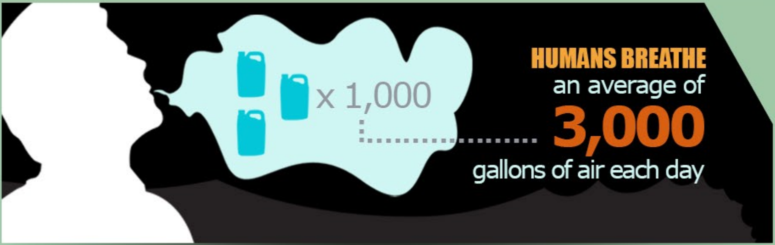
Everything You Need to Know About

INDOOR AIR POLLUTION

Why's Everyone Talking About Indoor Air Pollution?



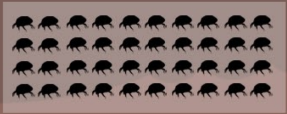
HUMANS BREATHE an average of **3,000** gallons of air each day

WE SPEND ABOUT **90%** OF OUR TIME INDOORS

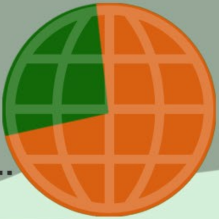
25% of OUTDOOR POLLUTION can still get indoors

Indoor air is **2x - 5x** more polluted than outdoor air

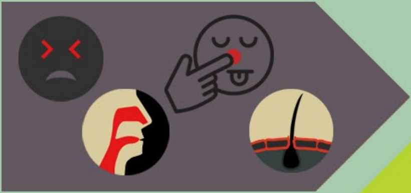
An ounce of dust can be home to **40,000** DUST MITES



IN **2012** HOUSEHOLD AIR POLLUTION MADE UP **7.7%** GLOBAL MORTALITIES

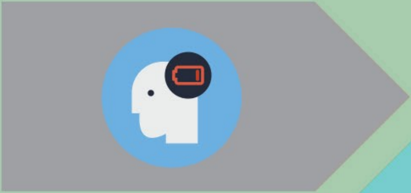


Health Risks of Indoor Air Pollution

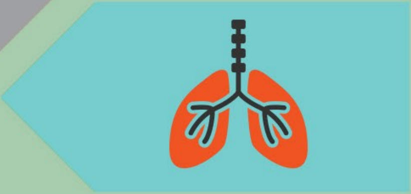


IRRITATION OF EYES, NOSE, THROAT, SKIN

HEADACHE

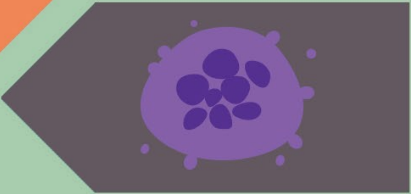


FATIGUE



SHORTNESS OF BREATH

TROUBLE CONCENTRATING



HYPERSENSITIVITY AND ALLERGIES

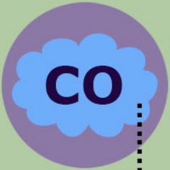
SINUS CONGESTION

COUGHING & SNEEZING

DIZZINESS

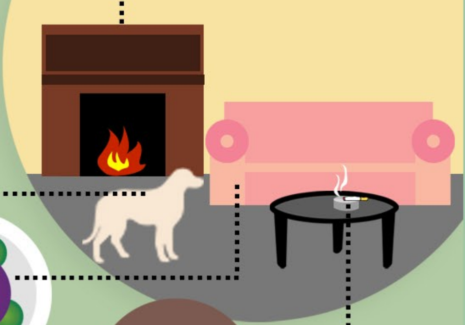
NAUSEA

Where Do Indoor Pollutants Live?

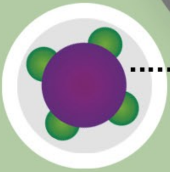


CARBON MONOXIDE FROM FIREPLACES

LIVING ROOM



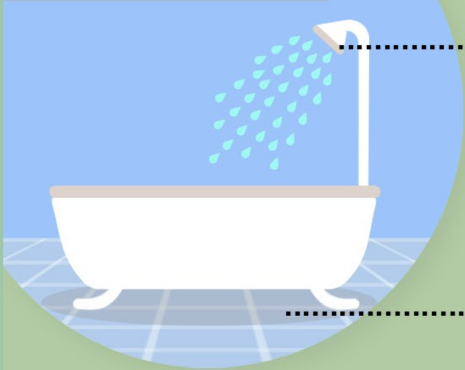
PET DANDER & HAIR

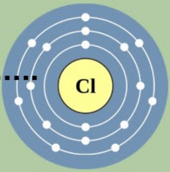


VOLATILE ORGANIC COMPOUNDS FROM FURNITURE

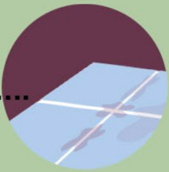
SECONDHAND SMOKE

BATHROOM



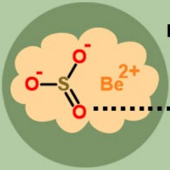


CHLORINE FROM SHOWERS

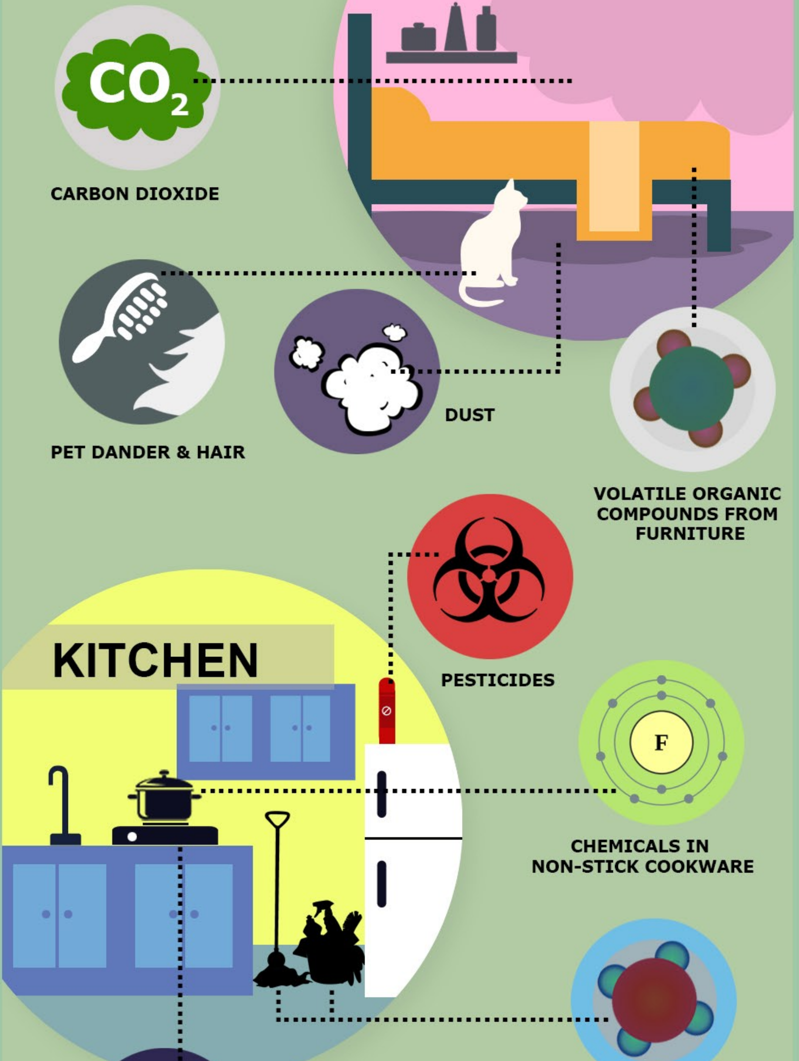


MOLD

HAZARDOUS AIR POLLUTANT FROM BEAUTY PRODUCTS



BEDROOM



CARBON DIOXIDE

PET DANDER & HAIR

DUST

VOLATILE ORGANIC COMPOUNDS FROM FURNITURE

PESTICIDES

KITCHEN

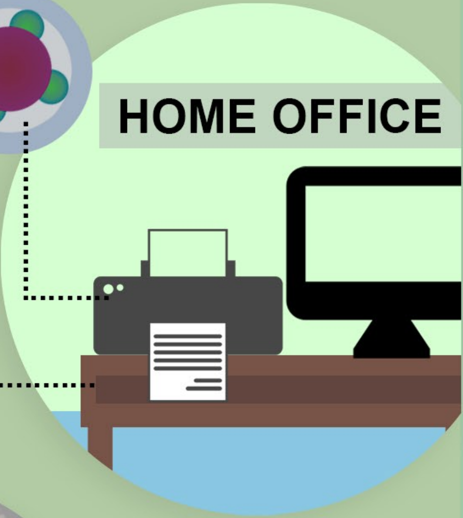
CHEMICALS IN NON-STICK COOKWARE

CARBON MONOXIDE FROM GAS STOVES

VOLATILE ORGANIC COMPOUNDS FROM HOUSEHOLD CLEANERS

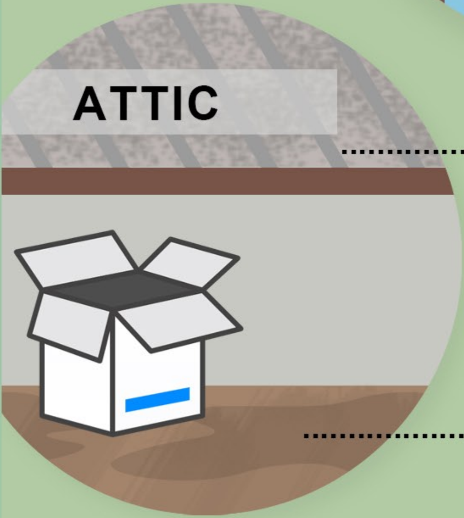
VOLATILE ORGANIC COMPOUNDS FROM FROM PRINTERS

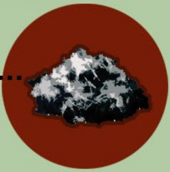
HOME OFFICE



VOLATILE ORGANIC COMPOUNDS FROM FURNITURE

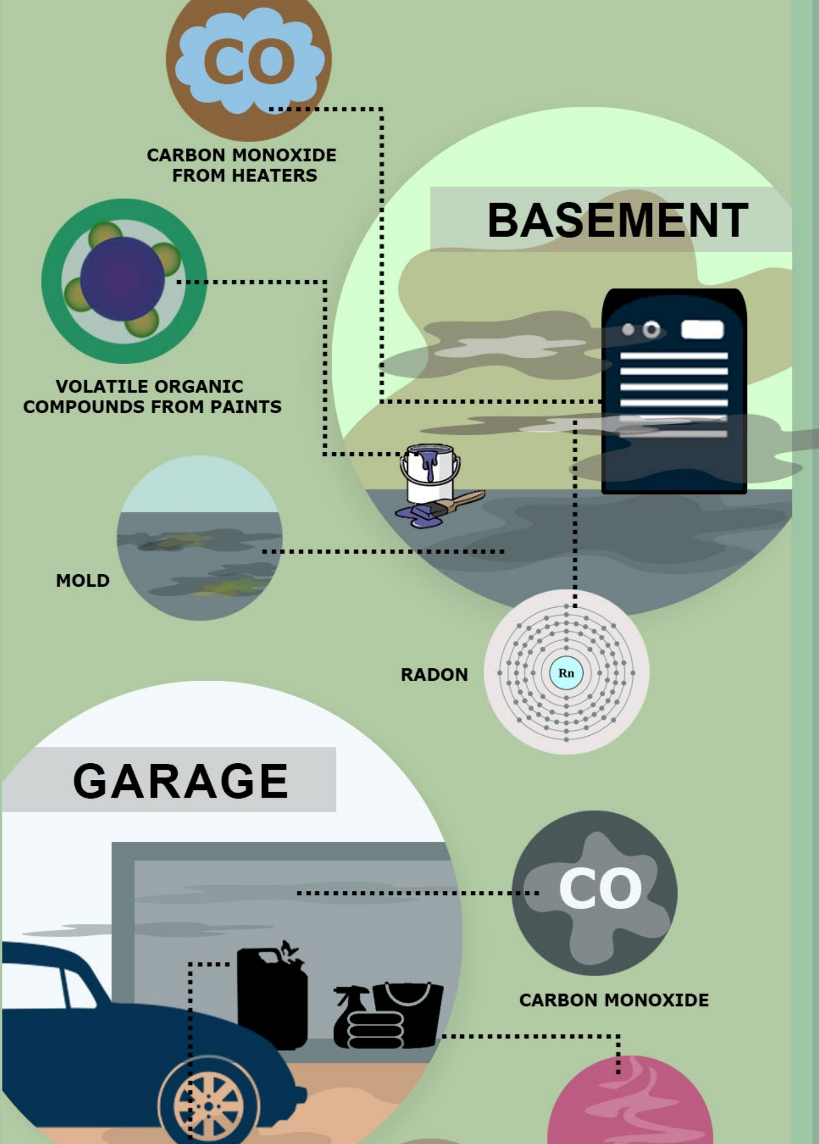
ATTIC





ASBESTOS

DUST



BASEMENT

CARBON MONOXIDE
FROM HEATERS

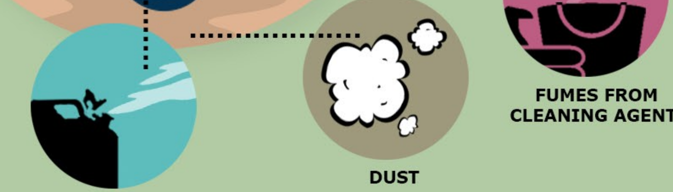
VOLATILE ORGANIC
COMPOUNDS FROM PAINTS

MOLD

RADON

GARAGE

CARBON MONOXIDE



FUMES FROM GASOLINE

DUST

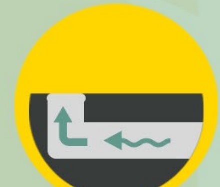
FUMES FROM CLEANING AGENTS

Healthy Air Checklist

TEST FOR RADON & MOLD

FIX ANY GAS & WATER LEAKS

INSTALL AIR FILTER SYSTEM & REPLACE FILTERS REGULARLY



VENTILATE BATHROOMS

KEEP A HEALTHY LEVEL OF HUMIDITY

AVOID CLEANING PRODUCTS WITH ARTIFICIAL FRAGRANCES

DON'T ALLOW SMOKING INDOORS

USE LOW VOC PAINTS

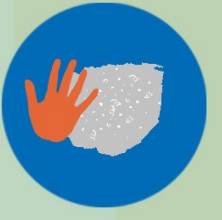
WASH BEDDINGS FREQUENTLY

AVOID PRODUCTS THAT EMIT FORMALDEHYDE

PLACE FLOOR MATS OUTSIDE HOME

ENTRY POINTS

CLEAN UP AFTER YOUR PET



DON'T DISTURB ASBESTOS

REDUCE CARPETING IF POSSIBLE

RESOURCES

BROUGHT TO YOU BY AIRFILTERBUY.COM

http://au.ibtimes.com/exposure-air-pollution-linked-decrease-iq-short-term-memory-among-children-study-finds-1418169
http://www.hngn.com/articles/20730/20131230/study-25-percent-of-outdoor-air-pollution-can-still-get-indoors.htm
http://news.nationalgeographic.com/news/2014/03/140325-world-health-organization-indoor-fuel-pollution-death/
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https://airfilterbuy.com/blog/whole-house-filter-system-improves-indoor-air-quality/
http://www.goodhousekeeping.com/home/green-living/indoor-air-quality-47020101
http://www.webmd.com/lung/features/12-ways-to-improve-indoor-air-quality
http://www.who.int/phe/health_topics/outdoorair/databases/en/
http://www.ccohs.ca/oshanswers/chemicals/iaq_intro.html
http://www.epa.gov/airquality/peg_caa/concern.html
http://www.who.int/mediacentre/factsheets/fs292/en/
http://www.epa.gov/iaq/pubs/insidestory.html#Intro1
http://www.who.int/gho/phe/indoor_air_pollution/en/
https://www.osha.gov/SLTC/indoorairquality/
http://www.epa.gov/iaq/iaqhouse.html

AIRFILTERBUY
QUALITY AIR FILTERS FOR LESS