

INDOOR AIR POLLUTION



Putting Environmental Health Data into Action

Read and click on the links below to learn about ways to engage in indoor air pollution action.

TOP 3 RECOMMENDATIONS:

Individual: Learn about the types, sources, and health effects of indoor air pollutants

Community: Encourage schools to review the Indoor Air Quality Tools for Schools Action Kit

Structural: Establish health standards for acceptable levels of biological agents

INDIVIDUAL: Learn, act, and protect yourself

- To learn:
 - [Types, sources, and potential health effects](#) of indoor air pollutants
 - How to manage [asbestos in the home](#)
 - Why indoor air pollution may pose a [greater risk to health](#) than outdoor air pollution
- To do:
 - [Test your home for radon](#) and if levels are high, consult a professional for mitigation
 - [Increase ventilation](#) to lower concentrations of indoor air pollutants
 - Avoid [household products with chemicals](#) that induce adverse health effects
 - Use a high efficiency particulate air ([HEPA](#)) filter in your home to reduce dust, pollen, mold, bacteria, and airborne particles
 - Avoid smoking and vaping in or near the home to eliminate [secondhand smoke](#)
 - When it comes time to replace your stove, choose an electric stove

COMMUNITY: Support your social networks

- Train building maintenance staff on [radon risks](#)
- Encourage landlords/property owners to properly [ventilate all fuel-burning appliances](#)
- If constructing a new home or building:
 - Review the provisions of the [EPA's Indoor airPLUS program](#)
 - Air out building and flooring materials in a well-ventilated space prior to installation
 - Consult with contractors to ensure you use [building materials with low emissions](#)
- Encourage schools to review the [Indoor Air Quality Tools for Schools Action Kit](#)

STRUCTURAL: Advocate for organizational & policy level change

- Require schools to test for [radon](#) and mitigate high levels
- Expand [Pennsylvania's Clean Indoor Air Act](#) to prohibit smoking in casinos
- Establish health standards for acceptable levels of biological agents, such as mold
- Mandate manufacturers to [list all ingredients in consumer cleaning products](#)