



FROM THE AIR PROGRAM

Indoor Air Quality Resources

The Air Program is making available some (new and existing) publications about indoor air quality. For any of these and other information, stop by the Air Office at EMO-A, call 760-784-9308, or browse the web links below at your leisure. It's a lot of information, so we are here to help you gain understanding of any of it.

<https://www.epa.gov/indoor-air-quality-iaq/care-your-air-guide-indoor-air-quality-printable-version>

<https://www.epa.gov/indoor-air-quality-iaq/should-you-have-air-ducts-your-home-cleaned>

<https://www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home-printable>

Indoor air pollutants often source from within a building, depending on the local situation. These can include:

- Fuel-burning combustion appliances (including woodstoves)
- Tobacco products
- Deteriorated asbestos-containing insulation
- Newly installed flooring, upholstery or carpet
- Cabinetry or furniture made of certain pressed wood products
- Products for household cleaning and maintenance, personal care, or hobbies
- Central heating and cooling systems and humidification devices
- Excess moisture

Some notable exceptions are outdoor sources such as wildfire smoke, winter inversion smoke, windblown dust, pesticides, radon (from soil or water), and if applicable, radiation. (US EPA treats radiation separately to indoor air pollutants)

There are three basic strategies to improve indoor air quality: (see links above or below)

1. Source control
2. Improved ventilation
3. Air cleaners

Here is a list of potential “source control” action items a resident can take to improve indoor air quality. For an in-depth (and lengthy!) description of these and more, see info at <https://www.epa.gov/indoor-air-quality-iaq/inside-story-guide-indoor-air-quality>

Don't smoke cigarettes inside.

Install and use exhaust fans over gas cooking stoves and ranges and keep the burners properly adjusted.

Choose properly sized new woodstoves that are certified as meeting EPA emission standards.

Avoid or take special precautions when operating fuel-burning unvented space heaters.

Have central air systems including furnaces, flues, chimneys, inspected annually and promptly repair cracks or damaged parts.

Evaporation trays in air conditioners, dehumidifiers and refrigerators should be cleaned frequently.

Install and use exhaust fans that are vented to the outdoors in kitchens and bathrooms and vent clothes dryers outdoors.

Track dirt and dust as little as possible into the home.

Keep the house clean as much as possible of house dust mites, pollen, animal dander.

Fix roof leaks and plumbing leaks/blockages as soon as possible; inspect for leaks periodically.

Keep areas where children play as dust-free and clean as possible.

Don't burn painted wood since it may contain lead.

Leave lead-based paint undisturbed if it is in good condition - don't sand or burn off paint that may contain lead.

Keep exposure to a minimum for products containing known carcinogens: paint/glue strippers, spray paint, dry-cleaned clothes, car exhaust, cigarette smoke, moth repellants, and MDF wood products.

Throw away partially full containers of old or unneeded chemicals safely, and buy limited quantities.

Follow label instructions and appliance instructions carefully.

Use non-chemical methods of pest control when possible.

Don't cut, rip, or sand asbestos-containing materials.

Thoroughly clean and dry water-damaged carpets and building materials (within 24 hours if possible), possibly replace them.

Use a home radon test kit, available from a hardware store.