

Indoor Air Quality Fact Quotes

Environmental Protection Agency

The EPA Concludes Fine Particle Pollution Poses Serious Health Threats

- ✓ Causes early death (both short-term and long-term exposure)
- ✓ Causes cardiovascular harm (e.g. heart attacks, strokes, heart disease, congestive heart failure)
- ✓ Likely to cause respiratory harm (e.g. worsened asthma, worsened COPD, inflammation)
- ✓ May cause cancer
- ✓ May cause reproductive and developmental harm

– U.S. Environmental Protection Agency, Integrated Science Assessment for Particulate Matter, December 2009. EPA 600/R-08/139F.

“The potential impact of indoor air quality on human health nationally is considerable, for several reasons. Americans, on average, spend approximately 90 percent of their time indoors, where the concentrations of some pollutants are often 2 to 5 times higher than typical outdoor concentrations. Moreover, people who are often most susceptible to the adverse effects of pollution (e.g., the very young, older adults, people with cardiovascular or respiratory disease) tend to spend even more time indoors. Health effects that have been associated with indoor air pollutants include irritation of the eyes, nose, and throat; headaches, dizziness, and fatigue; respiratory diseases; heart disease; and cancer.”



American Lung Association

- ✓ 75% of Americans live with someone who suffers from Asthma, Allergies, or other respiratory illnesses.
- ✓ Pollution inside is typically 2-5 times, and sometimes 100 times worse than the air outdoors.
- ✓ Poor indoor air can contribute to the cause of asthma headaches, dry eyes, nasal congestion, nausea and fatigue.
- ✓ Indoor Air Quality is one of the EPA's top five environmental concerns to public health.

