

Volatile Organic Compounds (VOCs)



The Environmental Protection Agency (EPA) a study that found levels of about a dozen common organic pollutants to be two to five times higher inside homes than outside

Volatile organic compounds (VOCs) are emitted as gases from certain solids or liquids. VOCs include a variety of chemicals, some of which may have short- and long-term adverse health effects. Concentrations of many VOCs are consistently higher indoors than outdoors.

Paints, varnishes, wax, cleaning products, disinfecting products, cosmetics, degreasing and hobby products all contain organic solvents (use website below to see more). Fuels are made up of organic chemicals. All of these products can release organic compounds while you are using them, and, to some degree, when they are stored.

Health effects may include:

- Eye, nose and throat irritation.
- Headaches, loss of coordination and nausea.
- Damage to liver, kidney and central nervous system.
- Some organics can cause cancer in animals, some are suspected or known to cause cancer in humans.

Reduce exposure by:

- Increasing ventilation when using VOC emitting products in your home.
- Don't store open containers containing VOCs.
- Use products according to the manufacturers.
- Keep out of reach of children and pets.

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