

# Ventilation & Indoor Air Quality

Devices that comply with ASHRAE 62.2 do not account for high polluting sources or guarantee indoor air quality.

The most effective ways to improve your indoor air are to reduce or remove the sources of pollutants and to ventilate with clean outdoor air. In addition, using a portable air cleaner and/or upgrading the air filter in your furnace or central heating, ventilation and air-conditioning (HVAC) system can help to improve indoor air quality.

Some pollutants and sources of indoor air pollution are: Asbestos, Biological Pollutants, Carbon Monoxide (CO), Cookstoves, Formaldehyde/pressed wood products, Lead (Pb), Nitrogen Dioxide (NO<sub>2</sub>), Pesticides, Radon (Rn), indoor particulate matter, secondhand smoke/ environmental tobacco smoke, Volatile Organic Compounds (VOCs), and wood smoke.

Some health effects may show up shortly after a single exposure or repeated exposures to a pollutant. These include irritation of the eyes, nose and throat, headaches, dizziness, and fatigue. Such immediate effects are usually short-term and treatable. Other health effects may show up either years after exposure has occurred or only after long or repeated periods of exposure. These effects, which include some respiratory diseases, heart disease and cancer, can be severely debilitating or fatal. It is crucial to try to improve the indoor air quality in your home.

Some health effects can be useful indicators of an indoor air quality problem, especially if they appear after a person moves to a new residence, remodels or furnishes a home, or treats a home with pesticides.

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