

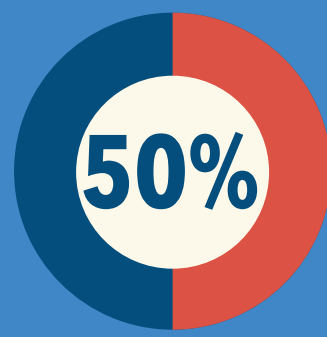
A HOMEOWNER'S GUIDE TO Indoor Air Pollution

BY THE NUMBERS*

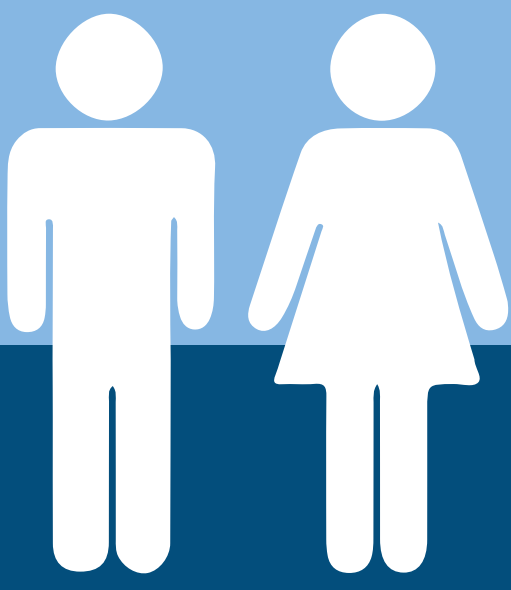
#4



Indoor air pollution's ranking among the top environmental health hazards



Increased risk of respiratory disease in children and adults exposed to indoor air pollution from biological agents related to damp and mold



4.6 Million

Estimated cases of asthma in the U.S. attributable to dampness and mold exposure in the home



Homes in the U.S. with elevated radon levels

1 in 15

up to **100x**
More air pollutants indoors than out

4 Most dangerous Indoor air pollutants
Cigarette Smoke
Formaldehyde
Radon
Ultrafine particles

#2
Radon's ranking among causes of lung cancer

* Source: EPA

THE HEALTH RISKS

Immediate Reactions:

- Irritation of eyes, nose, throat, skin
- Headache
- Fatigue
- Shortness of breath
- Trouble concentrating
- Hypersensitivity and allergies
- Sinus congestion
- Coughing & sneezing
- Dizziness



Exposure to indoor air pollutants may effect your health immediately, or it may be years before you notice any issues. By learning about and controlling common pollutants indoors, you can reduce your risk of short- and long-term health effects.

Long-term Exposure:

- Allergies & asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Respiratory infections
- Lung cancer
- Heart disease
- Nosebleeds
- Fever, chills
- Chest pain

ROOM BY ROOM

Indoor air pollutants can be found in every room in the house.

BIOLOGICAL CONTAMINANTS
Beds and rugs give dust mites and other allergens a place to thrive in your home.



ASBESTOS
Often used in building materials and may remain undisturbed for decades. Often becomes exposed during remodeling projects.



RADON
Radon is a naturally occurring radioactive gas that can enter your home through foundation cracks and other openings.



VOCs
Volatile Organic Compounds are gases emitted into the air we breathe by many common household products, including cleaners, paint, air fresheners, pesticides, furniture, and construction materials.



MOLD
Bathrooms provide the ideal damp, humid environment for mold growth.



CARBON MONOXIDE
Kitchen appliances may leak or exhaust carbon monoxide into the home.



LEAD
Deteriorating lead-based paint, lead pipes, and contaminants that are tracked indoors contribute to lead pollution in the home.



HEALTHY HOME CHECKLIST

There are many things you can do to improve the air quality in your home, and most of them require little effort and no cost to implement.

- ✓ **TEST** for radon & mold
- ✓ **INVESTIGATE** suspected sources of asbestos
- ✓ **REDUCE** your use of chemical cleaners and sprays
- ✓ **FIX** leaking roofs, windows, and pipes
- ✓ **INSTALL** air filter system & replace filters regularly
- ✓ **VENTILATE** Bathrooms, laundry, and cooking areas
- ✓ **REGULATE** air temp & humidity in the home
- ✓ **WASH** bedding frequently
- ✓ **AVOID** products that emit formaldehyde
- ✓ **BATHE** pets regularly
- ✓ **VACUUM** weekly with HEPA filter
- ✓ **REPLACE** air filters in furnaces and AC on a regular basis
- ✓ **REMOVE** shoes at the door
- ✓ **SHAMPOO** carpets and upholstery at least once a year



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