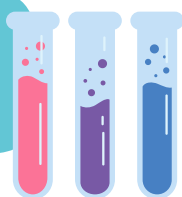


A QUICK READ ON WHAT'S IN YOUR INDOOR AIR?

WHAT'S GOING ON IN THE AIR AROUND YOU AT HOME?

Taking steps to improve your indoor air is vital for your health. This simple guide explains the four main elements that make up indoor air.

1. GASES

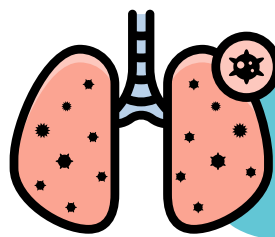


Naturally occurring

- Oxygen (O₂): Essential for human survival, typical indoor levels are around 20%.
- Nitrogen (N₂): Makes up about 78% of the air and doesn't do much.
- Radon - A cancer-causing gas released by the earth which enters homes via cracks, windows, water, and drains.

Generated by human activity

- Carbon Dioxide (CO₂): From breathing and gas cooking appliances.
- Nitrogen Oxides (NO_x): Created by burning wood, using gas, smoking and vaping indoors.
- Carbon Monoxide: Created by poorly ventilated or installed heating systems / wood burners / appliances.
- Volatile Organic Compounds (VOCs): Released by household products like paints, cleaners, and furniture.



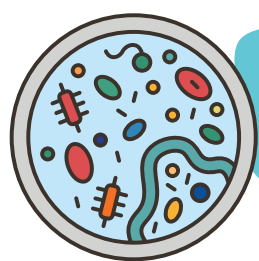
2. PARTICULATE MATTER

- Dust: Composed of tiny particles from skin flakes, fabric fibres, and dirt.
- Pollen: A common allergen that can enter homes in a variety of ways.
- Mould Spores: Mold can thrive in damp environments and release spores into the air, which can provoke allergic reactions and cause long-term illness such as asthma.
- Sometimes referred to as 'PM 2.5' or 'PM 10', this refers to the size of the particles. The smaller the particles the deeper into the lungs it can travel.

3. HUMIDITY AND WATER VAPOUR



- Moisture levels in the air can influence the comfort level indoors.
- Moisture is generated by everyday actions such as breathing, cooking, showering or bathing, and laundry.
- High humidity or moisture in the air in colder months can cause mould growth, which can cause and trigger asthma and other health issues.
- Low humidity can dry out skin and respiratory passages.



4. MICRO-ORGANISMS

- These are also known as bacteria and viruses.
- They are invisible to the naked eye and can be present in indoor air, particularly in spaces that are crowded or not well-ventilated, potentially leading to illness or infection.

Visit www.indoorairaware.co.uk for more information.