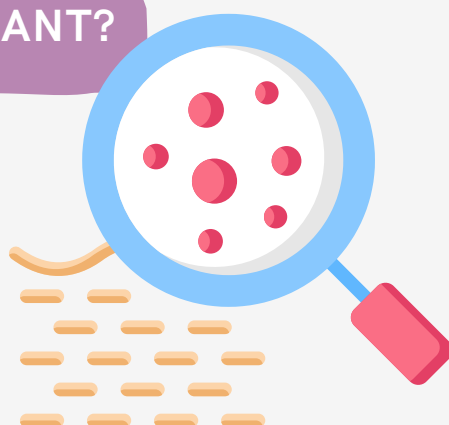


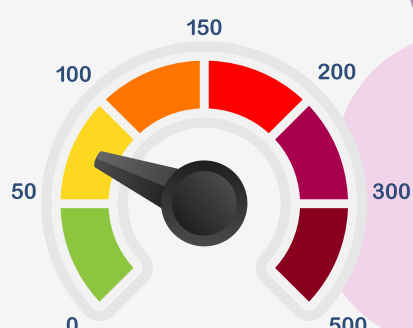
# A QUICK READ ON INDOOR AIR

## IS INDOOR AIR QUALITY IMPORTANT?

Indoor air is 3.5 times worse than the air quality outside. Short and long-term exposure to indoor air pollution can cause a range of health issues, including allergies, respiratory diseases, heart disease, cognitive deficits, mental health issues, obesity and cancer.



## HOW CAN WE CHECK OUR AIR?



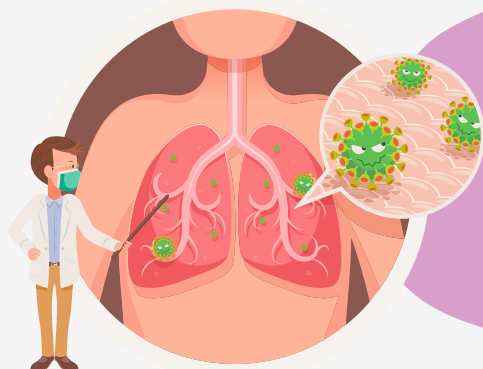
As air pollution is most often invisible, it's incredibly hard to monitor. Affordable monitoring devices for around £20 can monitor the air for you. Or, you can be proactive in avoiding or getting rid of pollution.

## DOES AIR QUALITY AFFECT OUR HEALTH?

We spend 90% of our life indoors. Indoor air is absorbed by our skin and inhaled into our lungs and enters our blood stream. It impacts every organ of our bodies, including the stomach microbiome which helps us to avoid disease.



## IS THERE ANY PROOF?



There are over 2 million published research papers on the health impacts of indoor air. 1,750 new research paper have been published in the last 12 months, alone.

## WHY MUST WE PROTECT OUR KIDS FROM POOR AIR QUALITY?

Children are more at risk than adults because their lungs are still developing. They also breathe faster, which means they take in more polluted air. Being exposed to pollution as a child increases the risk of developing asthma and other long-term health issues.

## WHAT CAN I DO?

1. Monitor your air if you can.
2. Ventilate your home to refresh indoor air.
3. Reduce or avoid pollutants (cooking / burning wood / synthetic smells / potent detergents / mould / pet dander / vaping and smoking).

