



Indoor Air: A Hidden Health Threat

Why It Matters

- **Global toll:** 3.2 million premature deaths tied to indoor pollution annually.
 - We spend ~90% of our time indoors where **pollutant levels can be 5100× higher than outside.**
 - Things we do daily like cooking, cleaning, and using scented products can spike harmful particles inside.
 - Wax melts and air fresheners may create pollution on par with **diesel exhaust.**
 - **Children, seniors, and anyone with asthma,** heart disease, or allergies face the greatest risks.
 - **Poor ventilation** and high carbon dioxide levels can harm focus, learning, and productivity.
 - **The most effective defense:** eliminate pollution at its source, increase fresh air, and use reliable filtration.
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Simple Steps to Cleaner Indoor Air



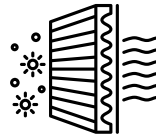
Avoid smoking indoors and limit wood-burning fires.



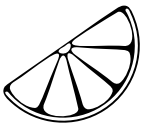
Skip scented air fresheners and paraffin candles; opt for beeswax or soy alternatives.



Ventilate while cooking especially if you use a gas stove.



Change furnace/AC filters every 3 months; use a HEPA filter if possible.



Use safer cleaning products like vinegar, baking soda, lemon juice, and hydrogen peroxide.



Test your home for radon and seal leaks in basements and foundations.



Choose low- or no-VOC paints, adhesives, and flooring materials.



Prevent pests without sprays by sealing entry points and removing food/water sources.