

Indoor air quality and health

We spend at least **85% of our time indoors** (at home, at the workplace, at school, during leisure activities, in public or private transport...). Some practices and products can expose us to substances that are harmful to human health and the environment. Below are some tips to preserve indoor air quality at home.

Main sources of indoor air pollution

Human activities

- Smoking
- Cleaning and cooking, washing and drying textiles
- Do it yourself or fixing things
- Home perfumes, scented candles, incense

Use of indoor spaces

- Animals and plants (allergens, pesticides, fertilizers)



Outdoor environment

Outdoor air pollutants, radon, contaminated soils

Construction and decoration materials

- Carpets, paints, varnishes, glues

Equipment

- Furniture
- Poorly adjusted or maintained ventilation and air conditioning
- Heating appliances (boilers, fireplaces, stoves)

Did you know?

Indoor air can be 5 to 10 times more polluted than outdoor air!



Be careful: do not obstruct air inlets!

Radon is a radioactive gas which occurs naturally in granitic or volcanic subsoils* It can accumulate in indoor air from cellars and ground floors. Inhaling radon is linked to an increased **risk of lung cancer**.

An easy step to limit its accumulation: **a daily airing as often as possible !**

* check the IRSN website (French Institut de radioprotection et de sûreté nucléaire)



MÉMO

Maintaining indoor air quality at home



Air by opening windows widely **in the morning and in the evening** (except if outdoor pollution) **for 5 to 10 min.**



Regularly **maintain ventilation/ air conditioning systems**, air inlets should be kept clean and unobstructed.



Create optimal comfort:

- Humidity rate between 40 to 60%
- Temperature between 18 and 22°C in the winter (heating season)

Avoid perfume and insecticide aerosols, choose natural solutions

I AVOID

I LIMIT



I PREFER



- Home perfumes with automatic spray function, sticks, reeds diffusers
- Insecticides for plants and domestic animals
- Anti-mosquito diffusers with this pictogram on the packaging



- Eco-labelled insecticides
- Mosquito traps
- Anti-mosquito lightning



- Bunch of lavender
- Mosquito nets
- Repelling plants (lemongrass, lemon balm, verbena, etc.)
- Juniper or cedar balls (i.e. anti-moth)
- Diatomaceous earth (i.e. anti-flea)



Be careful!



Don't use **additional fuel powered heating systems** continuously without thoroughly ventilating the room; This avoids the **risk of carbon monoxide poisoning!**



Before winter, ensure you **have fuel heating equipment checked** and chimneys cleaned.



Don't smoke at home.

Did you know ?

Volatile organic compounds (VOCs) are hazardous for our health !

Most of the **furniture** on the market are made of wood particle boards which contain **glues which can release formaldehyde.**

This **toxic substance** is classified as an eye and respiratory irritant.

To limit exposure, remove new furniture from packaging, and let it air outside for at least a month before using it, or choose solid wood or second-hand furniture!

You can find additional information in our factsheets "DIY - renovate - decorate" and "Household products", available for free on our website (both currently only available in French; «Bricoler - Rénover - Décorer», «Les produits ménagers»)