

Healthy Homes

Indoor Air Quality Checklist

WHAT CAUSES AIR POLLUTION?

Air pollution includes harmful gases or tiny particles (particulate matter or PM) that can harm health when inhaled. It impacts both indoor and outdoor air quality. Indoor air quality can be affected by lots of different things, such as heating homes, cooking, ventilating, and cleaning. Using wood burners, gas cookers, open fires, cleaning products, candles, incense, and aerosols can all contribute to poor air quality. Allergens from dust mites, furnishings, paint, and mould spores can also harm air quality. Smoking is another major source of indoor air pollution.

HOW CAN AIR QUALITY AFFECT HEALTH?

Poor indoor air quality can affect health in many ways:

- It can cause discomfort by leading to a blocked nose, tickly cough, or watering eyes.
- It can trigger asthma or allergies.
- It can also affect heart and lung conditions, such as cardiovascular disease, or chronic obstructive pulmonary disease (COPD).

WHO IS MOST SENSITIVE TO THE EFFECTS OF POOR INDOOR AIR QUALITY?

- People who spend more time at home, such as young children or older people, who can spend up to 90% of their time indoors.
- People with heart or lung conditions such as cardiovascular disease or COPD.
- Pregnant women and their unborn babies are also at risk.

VENTILATION TIPS

Try to always open windows if safe and possible to increase ventilation throughout the day, particularly when:

- ☐ Using cookers, especially gas cookers (also use an extractor fan).
- ☐ Air drying clothes inside.
- ☐ Using cleaning products and household sprays such as air or fabric fresheners and fabric protectors.
- ☐ Using open fires, or gas heaters.
- ☐ Using candles or incense.
- ☐ Having a bath or shower (also use an extractor fan).

HELP AND SUPPORT

Scan the QR code or visit:
www.yourlifedoncaster.co.uk/healthy-homes-indoor-air-quality



OTHER PRACTICAL STEPS

Here are some practical steps to try to reduce condensation in the home:

- ☐ When cleaning, avoid asthma-triggering products or use non-spray alternatives like cleaning creams.
- ☐ Avoid drying clothes indoors, but if necessary, open windows to reduce moisture.
- ☐ Avoid smoking, particularly inside the home.
- ☐ Cover pots and pans when cooking.
- ☐ Wash bedding regularly.
- ☐ Dust surfaces regularly to limit the build-up of allergens.
- ☐ Try to keep trickle vents open and clean at all times.

Many new homes have trickle vents, they are fitted to windows and doors. They allow fresh air to circulate in and polluted air out. They are designed to improve air quality and can help with ventilation without having to leave a window open.

