

HOME

MATTERS



Eliminating Indoor Air Pollution

Since air circulation is often restricted inside, it is speculated that indoor pollutants are far worse for humans than poor outdoor air quality. In fact, the U.S. Department of Energy claims that indoor pollutant levels are potentially 100 times the outdoor levels and may pose major health risks. Use these techniques to reduce the amount of pollutants in your home.

- Do not allow smoking in your home.
- Install a radon mitigation system to significantly reduce the level of radon gas in your home.
- Do some research on the household products that you currently use to determine if they have any harmful effects or interactions with the environment and/or your health.
- Before using building materials, review the harmful health effects and, if needed, select alternative materials.
- Monitor your home environment to make sure that there is adequate airflow and proper exhaust systems installed.
- Ventilate your house well by opening doors and windows and running fans when you are painting, using staining products or doing other home improvement tasks.
- Have a service technician inspect your appliances annually to ensure these items are working properly.

Health Effects of Indoor Air Pollution

There are both long- and short-term health effects of indoor air pollution. Short-term effects of indoor air pollution include upper respiratory infections, headaches and nausea. Long-term effects of indoor air pollution include chronic respiratory disease, lung cancer, heart disease, and brain, nerve, liver and kidney damage.

Don't put yourself at risk of these health effects—be sure to make the effort to mitigate indoor air pollution in your home.

For more home safety guidance and homeowners insurance solutions, contact us today.

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