

## **INDOOR AIR QUALITY POLLUTANTS**

### **Typical pollutants of concern include:**

- Combustion byproducts such as carbon monoxide, particulate matter, and environmental tobacco smoke
- Substances of natural origin such as radon, pet dander, and mold
- Biological agents such as molds
- Pesticides, lead, and asbestos
- Ozone (from some air cleaners)
- Various volatile organic compounds from a variety of products and materials

### **Indoor sources:**

- Combustion sources such as tobacco, wood and coal heating, cooking appliances, and fireplaces
- Cleaning supplies, paints, insecticides, and other commonly used products
- Degrading building materials, radon, mold, and pet dander

### **Outdoor sources:**

- Harmful smoke that enters through chimneys, open doors, open windows, ventilation systems, and cracks in structures
- Volatile chemicals in water supplies that enter indoor air through showering, cooking, etc.
- Shoes and clothing that bring in soils and dust

### **Effects on human health:**

- Irritation of the eyes, nose, and throat
- Headaches, dizziness, and fatigue
- Respiratory diseases, heart disease, and cancer



## **WAYS TO IMPROVE YOUR INDOOR AIR QUALITY**

### **Keep your facility clean:**

- Declutter unnecessary and unused items which may have collected dust and dirt
- Vacuum carpets and rugs at least once a week as they are top sources for collecting dust, dirt, and soils

### **Change your HVAC filters:**

- Check HVAC filters at least once a month
- Aim to have your HVAC filters replaced every 90 days as dirty filters will not be able to capture as many contaminants

### **Source control:**

- Eliminate individual sources of pollution (for example: sources that contain asbestos can be sealed or enclosed)
- Reduce individual sources of emission (for example: gas stoves can be adjusted to decrease their emissions)

### **Allow fresh air in:**

- If weather permits, open your facility's windows to allow fresh air to circulate
- Fresh air generally has higher levels of oxygen and can dilute polluted or stale indoor air

If you are interested in HVAC filter replacement services for your facility, contact Commercial Cleaning Corporation today!  
Simply [fill out this form](#), or call us at **(609) 695-6255**  
to schedule your free consultation!