

Common Pollutant Sources and their Health Effects

Pollutant	Source	Adverse Health Effects
Volatile Organic Compounds (VOCs)	Solvents and chemicals, perfumes, hair spray, furniture polish, glues, air fresheners, moth repellents, wood preservatives, second-hand tobacco smoke	Headaches, eye/nose/throat irritation, nausea and loss of coordination, cancer
Second-hand Tobacco Smoke	Cigarettes, cigars, pipes, etc.	Many detrimental health effects, including cancer
Pesticides	Plant and animal pesticide products	Not generally safe, even if used according to directions. Children, pregnant women and the elderly, as well as those with respiratory diseases (asthma) are especially at risk.
Biological Pollutants	Plant pollen, dust mites (invisible to the naked eye), animals (droppings and urine), pet hair, insects (saliva and waste), fungi/mold spores, parasites, some bacteria and viruses.	Most often responsible for triggering asthma and allergies; infectious diseases
Formaldehyde	Gas emitted by carpets, particleboard and insulation foam.	Irritation to the eyes and nose; may promote some allergies, cancer
Asbestos	Old linoleum flooring, old walls (with old insulation), old ceilings. Considered safe unless disturbed in such a manner as to release fibers into the air (by demolition, cutting it, etc.)	Fibers enter the lungs and may cause cancer
Radon	A gas naturally released by soil; a problem in enclosed areas and even in well-ventilated spaces if the source is strong. Particularly of concern in certain areas of the country, including Colorado. Also, generally higher if a house has a crawlspace or unfinished basement.	Lung cancer

<p>Common Indoor Air Pollutants</p> <ul style="list-style-type: none"> • Tobacco smoke • Dust • Lead • Pesticides • Mold • Radon • Allergens • Pet dander • Nitrogen oxides • Carbon dioxide • Carbon monoxide • Formaldehyde 	<p>Common Indoor Air Pollutants Sources</p> <ul style="list-style-type: none"> • Cleaning supplies • Insects, pests and pets • Art supplies (markers, inks, paints, glues, etc.) • Photocopy and printing equipment • New carpets and cabinetry • People with communicable and contagious diseases (flu, cold, etc.) • Cafeteria and food preparation areas • Odors and emissions from trash • Science laboratories • Teacher lounges (smoke) • Vocational art areas • Equipment and furnishings • Dust-producing or water-damaged materials • Major source of air pollutants in schools: Improperly designed, installed, operated and maintained ventilation systems
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