

## INDOOR AIR QUALITY

Indoor air quality is an important consideration in buildings, especially since we spend a lot of time indoors in tightly sealed buildings in the winter. Prolonged exposure to indoor air pollutants could lead to problems like asthma and other respiratory problems.

Some common indoor pollutants are:

- Dust Mites
- Toxic Mould
- Asbestos
- Formaldehyde
- Cigarette Smoke (from Processed Tobacco)
- Radon
- Various Pesticides

Some possible symptoms of exposure to toxic mold are:

- Coughing and phlegm build-up
- Wheezing and shortness of breath
- Allergic Reactions
- Dizziness
- Drowsiness and Confusion
- Headaches and sore eyes

If the building is diagnosed as having bad air quality, immediate steps must be taken to improve ventilation and air treatment in the building.

Source: [NAHO](#), Canada