
Common Pollutants, Sources, and Steps to Reduce Exposure

Common Pollutants	Sources	Steps to Reduce Exposure
Radon	<ul style="list-style-type: none">• Earth and rock beneath home• Well water• Building materials	<ul style="list-style-type: none">• Test your home for radon.• Contact state radon office for more information.
Environmental tobacco smoke (ETS)	<ul style="list-style-type: none">• Cigarette, pipe, and cigar smoking	<ul style="list-style-type: none">• Do not smoke in your home or permit others to do so.• Do not smoke if children are present, particularly infants and toddlers.• If smoking indoors cannot be avoided, increase ventilation.
Biologicals	<ul style="list-style-type: none">• Wet or moist walls, ceilings, carpets, and furniture• Poorly maintained humidifiers, dehumidifiers, and air conditioners• Bedding• Household pets	<ul style="list-style-type: none">• Install and use fans vented to outdoors in kitchens and bathrooms.• Vent clothes dryers to outdoors.• Clean humidifiers and refill with clean water daily.• Empty water trays in air conditioners, dehumidifiers, and refrigerators.• Clean and dry or remove water-damaged carpets.• Use basements as living areas only if leak-proof/adequately ventilated.• Use dehumidifiers to maintain humidity between 30-50 percent.
Carbon monoxide (CO)	<ul style="list-style-type: none">• Unvented kerosene and gas space heaters• Leaking chimneys and furnaces• Back-drafting from furnaces, gas water heaters, woodstoves, and fireplaces• Gas stoves	<ul style="list-style-type: none">• Keep gas appliances properly adjusted.• Consider purchasing vented space heater when replacing unvented one.• Use proper fuel in kerosene space heaters.• Install and use an exhaust fan vented to outdoors over gas stoves.• Open flues when fireplaces are in use.• Choose properly sized woodstoves that are certified to meet EPA emission standards. Make certain that doors on all woodstoves fit tightly.

	<ul style="list-style-type: none"> • Automobile exhaust from attached garages • Environmental tobacco smoke 	<ul style="list-style-type: none"> • Have professional inspect, clean, and tune-up central heating system (furnaces, flues, and chimneys) annually. Repair any leaks promptly. • Do not idle the car inside garage.
Nitrogen dioxide (NO ₂)	<ul style="list-style-type: none"> • Heaters, including kerosene heaters • Unvented gas stoves 	<ul style="list-style-type: none"> • See steps under carbon monoxide (CO).
Organic gases	<ul style="list-style-type: none"> • Household products including paints, paint strippers, and other solvents • Wood preservatives • Aerosol sprays • Cleansers and disinfectants • Moth repellents and air fresheners • Stored fuels and automotive products • Hobby supplies • Dry-cleaned clothing 	<ul style="list-style-type: none"> • Use household products according to manufacturer's directions. • Make sure you provide plenty of fresh air when using these products. • Throw away unused/little-used containers safely; buy usable quantities. • Keep out of reach of children and pets. • Never mix household care products unless directed on the label.
Respirable particles	<ul style="list-style-type: none"> • Fireplaces, woodstoves, and kerosene heaters • Environmental tobacco smoke 	<ul style="list-style-type: none"> • Vent all furnaces to outdoors; keep doors to rest of house open when using unvented space heaters. • Choose properly sized woodstoves, certified to meet EPA emission standards; make certain that doors on all woodstoves fit tightly. • Have a trained professional inspect, clean, and tune-up central heating system (furnace, flues, and chimneys) annually; repair leaks promptly. • Change filters on central heating and cooling systems and air cleaners according to manufacturer's directions.

Formaldehyde

- Pressed-wood products (hardwood plywood wall paneling, particleboard, fiberboard) and furniture made with these pressed-wood products
 - Urea-formaldehyde foam insulation (UFFI)
 - Combustion sources and environmental tobacco smoke
 - Durable press drapes, other textiles, and glues
- Use “exterior-grade” pressed-wood products (lower-emitting because they contain phenol resins, not urea resins).
 - Use air conditioning and dehumidifiers to maintain moderate temperature and reduce humidity levels.
 - Increase ventilation, particularly after bringing new sources of formaldehyde into the home.

Pesticides

- Products used to kill household pests (insecticides, termiticides, and disinfectants)
 - Products used on lawns and gardens that drift or are tracked inside the house
- Use strictly according to manufacturer’s directions.
 - Mix or dilute outdoors.
 - Apply only in recommended quantities.
 - Increase ventilation when using indoors. Take plants or pets outdoors when applying pesticides to them.
 - Use non-chemical methods of pest control where possible.
 - If you use a pest control company, select it carefully.
 - Do not store inside home; dispose of unwanted containers safely.
 - Store clothes with moth repellents in separately ventilated areas.
 - Keep indoor spaces clean, dry, and well ventilated .

Asbestos

- Deteriorating, damaged, or disturbed insulation, fireproofing, acoustical
- Leave undamaged material alone if it is not likely to be disturbed
 - Use trained and qualified contractors for control measures/cleanup
 - Follow proper procedures in replacing woodstove door gaskets that may contain
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materials, and floor tiles

asbestos

Lead (Pb)

- Lead-based paint
- Contaminated soil
- Dust
- Drinking water

- Keep areas where children play as dust-free and clean as possible.
- Leave lead-based paint undisturbed if it is in good condition; do not sand or burn off paint that may contain lead.
- Do not remove lead paint yourself.
- Do not bring lead dust into the home.
- If your work or hobby involves lead, change clothes and use doormats.
- Eat a balanced diet that is rich in calcium and iron.

Source: U.S. Environmental Protection Agency. Available at: www.epa.gov.