



## National Safety Council

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# Indoor Air Quality in the Home or Workplace

**Studies have found that pollutant levels inside your home or at work can be 2 to 5 times higher than when you are outdoors.**

On average, people spend about 80 percent of their time indoors and those who are most susceptible to Indoor Air Pollution are the ones who are home the most: those with a chronic illness, children, pregnant women & the elderly. Children breathe in 50 percent more air per pound of body weight than adults.

Many indoor air pollutants cannot be detected by our senses (e.g., smell) and the symptoms they produce can be vague and sometimes similar, making it hard to attribute them to a specific cause. Some symptoms may not show up until years later, making it even harder to discover the cause. **"Indoor Air Pollutants" include: headaches, tiredness, dizziness, nausea, itchy nose and scratchy throat.** More serious effects are Asthma and other breathing disorders.

Children may be more susceptible to environmental exposures than adults because of their developing systems. An article published in the **"American Journal of Respiratory and Critical Care Medicine"** concluded that cases among elementary school age children could be prevented by controlling exposure to indoor allergens and environmental tobacco smoke. By controlling biological contaminants (such as, dust mites and pet allergens), Asthma cases could be reduced by 55% to 60%.

For additional information: [www.nsc.org](http://www.nsc.org)

\* On the **NSC's Home Page**, look for the box marked **"NSC Search"** (top right corner, just below the 4 blue boxes) – type: **Indoor Air Quality** and it'll open the PDF File.