



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Indoor Air Pollutants



Did you know?

Indoor air pollution comes from many different sources like building materials, furnishings, and activities at home which may produce gases, particles, and other substances. Potential health effects include increased risk of asthma, heart disease, cancer, and developmental issues.



Do

- ✓ **Clean regularly** using microfiber cloths and vacuums with HEPA filters.
- ✓ **Ensure good ventilation** by opening windows or using fans, especially during cooking or cleaning.
- ✓ **Choose household products** on the [EPA Safer Choice list](#).
- ✓ **Regularly service** your furnace and air conditioner (HVAC). Use MERV13 or higher-rated air filters and replace them every 3 months.
- ✓ **Consider purchasing a portable HEPA air filter.** A lower-cost alternative can be to make a [DIY air filter](#).
- ✓ **Test your home** for [radon](#).
- ✓ **Install smoke and carbon monoxide (CO) detectors.** Replace batteries as needed.



Don't

- ✗ **Don't smoke or vape indoors** or in vehicles.
- ✗ **Don't open your windows** when outdoor air pollution is high - see EPA's [Air Quality Index](#).
- ✗ **Don't burn anything indoors** (including incense, candles, or wood).
- ✗ **Don't open your gas oven** to heat your home.
- ✗ **Don't use air fresheners** or fragranced products.
- ✗ **Don't ignore leaks and moisture levels** or allow parts of your home to remain damp for over 48 hours. These may result in growth of [mold or mildew](#).



For more information, scan the code or visit <https://wspehsu.ucsf.edu/projects/prescriptions-for-prevention-exposure-sources/>