

# Common Indoor Air Pollutants

The pollutants listed below are extremely common. Everyone is affected uniquely with exposures of any kind – from extreme to hardly noticeable symptoms. The more of these toxins you have – the more hazardous your area is. (Accumulation is a key factor.) Prolonged exposure can lead to more serious illnesses and DNA mutation.

POLLUTANTS	SOURCES	SYMPTOMS
Acetone	Solvent used in making oils, pharmaceuticals & pesticides	Irritation of eyes, nose, throat, nerves & skin, headaches, depression
Ammonia	Tobacco smoke, <i>cleaning supplies</i> , cat litter boxes.	Eye/skin irritation, headaches, nose-bleeds, sinus & breathing problems.
Asbestos	Damaged or deteriorating insulation, fireproofing, and acoustical materials	Asbestosis, lung cancer, mesothelioma, and other cancers
Benzene	Paint, fuel, inks, plastic, new carpets, new drapes, upholstery, soaps, plastics, <i>scented air fresheners</i>	Headaches, eye/nose/skin irritation, nausea, fatigue, cancer.
Benzopyrene	Tobacco smoke	Asthma attacks, eye/skin irritation, sinus problems, lung cancer.
Carbon TetraChloride	Paint, new drapes, new carpets, <i>cleaning supplies</i>	Headaches, dizziness, fatigue, mystery illnesses.
Chloroform	Paint, new drapes, upholstery, new carpeting, fabric softeners	Headaches, asthma attacks, confusion, dizziness, eye / skin / nerve irritation.
EMFs (electro-magnetic fields)	Radiation from cell phones, wireless electronics, WIFI, WiMax, towers, hair dryer, microwave oven	Headaches, hot ear, neck & body aches, focus, fatigue, insomnia, dehydration, ADD, autism, stress, Alzheimers, hormone imbalances, heart diseases, cancer
Formaldehyde	Personal care items, tobacco smoke, plywood, cabinets, furniture, particle board, insulation, office dividers, carpets, drapes, paneling, wallpaper, <i>scented air fresheners</i>	Headaches, eye/skin irritation, drowsiness, fatigue, respiratory problems, memory loss, depression, gynecological problems, cancer.
Hydrocarbons	Tobacco smoke, gas burners, furnaces	Headaches, fatigue, nausea, dizziness, breathing difficulty.
Lead	Sanding or open-flame burning of lead paint; house dust	Nerve and brain damage, particularly in children; anemia; kidney damage; growth retardation
Mold & mold spores	Windows, floors, walls, duct systems, air, clothing, furnishings	Allergies, asthma, depression, fatigue, insomnia, memory, nausea, seizures, ...
PBDEs, related to polychlorinated biphenyls (PCBs).	Computers	Neurological damage
Toluene	Nail polish and hair dye	Cancer, birth defects & other reproductive harm
Tri-ChlorEthylene (TCE)	Paint, glues, furniture, wallpaper	Headaches, eye/skin and respiratory irritation, fatigue, brain tumors, cancer.
Triclosan	“anti-bacterial” soaps, toothpaste, cleaning products, shoes	Cancers, thyroid problems

# Facts about Toxic Mold

Adapted from  
The Environmental Assessment Association Mold Awareness Inspection

## Health Problems Associated with Toxic Mold

If you have family members, residents or occupants who experience any of the following conditions, it may indicate that mold is present in their environment:

- allergies
- asthma
- skin rashes
- fatigue
- depression
- unexplained irritability
- flu-like symptoms
- trouble breathing
- coughing
- sinus congestion
- nausea
- sneezing
- runny nose
- loss of memory
- loss of hearing
- loss of eyesight
- bloody noses
- arthritic-like aches
- chronic headaches
- "crawly" feeling skin
- epileptic-like seizures
- upper respiratory distress
- irritation of the eyes, nose or throat
- restlessness
- equilibrium or balance loss
- dizziness or stuffiness

## What to Look For

If you can answer "yes" to any of the following questions, there could be hidden mold in your home or building:

- Can you **see a substance** that you suspect is mold?
- Is there a **musty smell** in your home or business?
- Do you have a **mattress placed directly** on a floor in a one-level home?
- Are there **visible signs of water damage** anywhere?
- Does your home or office suffer from **constant moisture or poor circulation**?
- Have you ever had a **sink or sewer overflow**?
- How about a **roof, plumbing or basement leak**?
- Has your home or office ever suffered **other water problems**?
- Do you have **unexplained illnesses** or symptoms from the above list?

There are healthy choices for your indoor air ---  
without using chemicals, cover-up scents or replaceable filters -