

Clean air is vital to our health.

When air quality is bad, either outdoors
or indoors, it affects our ability
to breathe.



Breathe New Hampshire has served the people of New Hampshire for over 90 years. Through education, advocacy, research, and partnerships, we are working to eliminate lung disease and improve the quality of life for those living with lung disease in New Hampshire.

We invite you to join us as a volunteer, partner, or donor, so that we can continue to strengthen our efforts.



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Indoor Air



BREATHE CLEAN INDOOR AIR



What is indoor air pollution?

While most of us have heard of outdoor air pollution, the air inside a home or building can be much more polluted than the air outdoors. Indoor air pollution can be a real concern because we spend as much as 90 percent of our time indoors, and 60 percent of our time at home. Possible sources of poor indoor air quality include:



- Tobacco smoke
- Household cleaning products and other chemicals
- Too much moisture and mold
- Dust and dust mites
- Heating systems (furnaces, wood stoves, water heaters, and fireplaces)
- Poor ventilation
- Pests (rodents and cockroaches)
- Radon and carbon monoxide

How can indoor air pollution affect your health?

Because there are many possible sources of indoor air pollution, symptoms can vary from increased asthma attacks to deadly carbon monoxide poisoning.

One way to tell if you have an indoor air quality problem is to pay attention to how your family members feel when at home.

- Do you or others sneeze and cough in your home?
- Do you or others in your home wake up congested or with a headache?
- Do you or others in your home often have an irritated throat, nose, or eyes?
- If you or others in your home have any of the above symptoms, are these symptoms more common in a certain part of the house?
- Does anyone in your home have frequent asthma attacks or respiratory infections?
- Do you notice that you feel better when you are away from home?

If you have answered “yes” to any of these questions, you may have an indoor air quality problem.



What can you do to improve the air quality in your home?

Below are some simple tips for maintaining a safe and healthy home. Keep it:

- Smoke-free
- Dry
- Clean
- Safe
- Pest-free
- Chemical-free
- Radon-free

If you would like more information about the seven steps to keeping your home healthy, read Breathe New Hampshire's publication, “Seven Steps to a Healthier Home.”

For more information, visit our website at www.breathenh.org or call 1.800.835.8647.