



Indoor air pollution

We spend a large part of our time indoors - in our homes, workplaces, schools or shops. Certain air pollutants can exist in high concentrations in indoor spaces and can trigger health problems.



1 / Tobacco smoke

Exposure can exacerbate respiratory problems (e.g. asthma), irritate eyes and cause lung cancer, headaches, coughs and sore throats.

2 / Allergens (including pollens)

Can exacerbate respiratory problems and cause coughing, chest tightness, breathing problems, eye irritation and skin rashes.

3 / Carbon monoxide (CO) and nitrogen dioxide (NO₂)

CO can be fatal in high doses and cause headaches, dizziness and nausea. NO₂ can cause eye and throat irritation, shortness of breath and respiratory infection.

4 / Moisture

Hundreds of species of bacteria, fungi and moulds can grow indoors when sufficient moisture is available. Exposure can cause respiratory problems, allergies and asthma, and affect the immune system.

5 / Chemicals

Some harmful and synthetic chemicals used in cleaning products, carpets and furnishings, can damage the liver, kidneys and nervous system, cause cancer, headaches and nausea, and irritate the eyes, nose and throat.

6 / Radon

Inhalation of this radioactive gas can damage the lungs and cause lung cancer.