Indoor Air is the air that everyone breathes while inside your home. Tobacco smoke, asthma triggers, carbon monoxide and radon can cause this air to become harmful.

**TOBACCO SMOKE**

► What is tobacco smoke?
● A mixture of chemicals in the smoke that is given off by the burning of a cigarette, pipe or cigar

► How is tobacco smoke harmful?
● Tobacco smoke contains more than 4,000 chemical substances, 40 of them are known to cause cancer. A person standing or sitting by a smoker breathes these chemicals into their lungs.

► What happens if a child is around tobacco smoke?
● Ear infections may increase ● Asthma attacks may be triggered ● Lung function may decrease

► Where is tobacco smoke found in your home?
● Tobacco smoke from cigarettes, cigars or pipes can be found anywhere near or around smokers

► What should you do if there is tobacco smoke in your home?
● Don’t smoke around children ● Ask visitors to smoke outside

► Did you know?
● The smoke of only 10 cigarettes per day may increase a child’s chances of getting asthma

**ASTHMA TRIGGERS**

► What are asthma triggers?
● Asthma triggers are usually small pieces of animal skin, mold, dust mites and cockroaches in the air that cause allergies. Some fumes from household products can also be asthma triggers

► What are the effects of asthma triggers?
● Asthma triggers can cause asthma attacks

► What is an asthma attack?
● Difficulty in breathing ● Tight feeling in your chest ● Wheezing sounds while breathing

► What can cause allergies in your home?
● Dust ● Mold and mildew in damp places ● Tobacco smoke from cigarettes, cigars and pipes ● Fumes from household products ● Perfumes and hair sprays ● Animal skin

► What should you do if there are asthma triggers in your home?
● Wash all bedding every week in water that is at least 130°F, to kill dust mites ● Open windows and/or use fans when using cleaning products or heaters that give off fumes ● Wash moldy areas with a bleach solution (1 cup bleach in 1 gallon of water) ● Get rid of cockroaches if you find them

► Did you know?
● 4.8 million children have asthma.
● Asthma is the leading cause of missed school and emergency room visits
● Asthma can be controlled or managed, but not cured
CARBON MONOXIDE

► What is carbon monoxide?
  ● An odorless, colorless gas that comes from burning kerosene, coal, oil or wood

► What is carbon monoxide poisoning?
  ● Poisoning happens when carbon monoxide replaces oxygen in the blood
  ● The percentage of carbon monoxide is measured in the blood for signs of poisoning
    ● 30% = headache, tiredness
    ● 40% = confusion
    ● 60% = loss of consciousness
    ● 80% = death

► What happens if a child breathes carbon monoxide?
  ● Flu and cold like symptoms
  ● Blurred vision
  ● Stomach aches
  ● Trouble breathing
  ● Sleepiness
  ● Ringing in the ears

► Where is carbon monoxide found in your home?
  ● Faulty gas water heaters and furnaces
  ● Unventilated space heaters
  ● Clothes dryers
  ● Tobacco smoke
  ● Fuels in wood and gas stoves

► What should you do to prevent carbon monoxide poisoning in your home?
  ● Use carbon monoxide detectors in your home
  ● Use the correct fuel in space heaters, and if it is a kerosene heater crack open a window
  ● Never use ovens or gas ranges to heat your home
  ● Open flues when fireplaces are used
  ● Never burn charcoal inside your home or garage
  ● Keep gas appliances in good working order

► Did you know?
  ● Unborn children, infants, elderly, and people with heart and breathing problems are at high risk for poisoning from carbon monoxide.

RADON

► What is radon?
  ● An odorless and tasteless cancer-causing gas, coming from soil and rock underneath your home

► What is radon poisoning?
  ● Poisoning happens when you breathe air that contains radon
  ● Poisonous levels are levels measured at 2 and 4 pCi/L (picoCuries per liter of air)

► What happens if someone is poisoned by radon?
  ● Lung and tissue damage
  ● Cancer (not everyone will get cancer, but smokers are at higher risk)

► Where is radon found in and around your home?
  ● Radon leaks in through cracks in walls and floors
  ● Some building materials

► What should you do if you think you have radon in your home?
  ● Buy a low-cost, do-it-yourself radon test kit found in most hardware stores
  ● Seal cracks in floors and walls in your basement

► Did you know?
  ● All homes with basements should be tested for radon
  ● Radon is estimated to cause about 14,000 deaths per year