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