



SOURCES

<p>Airborne Allergens</p> <p>Inside: from dust mite debris, mould, pet dander, cooking Outside: from pollen, dust, smoke, diesel exhaust</p>	<p>Gas Combustion</p> <p>Outside: from burning of waste and plastics, fossil fuel industry</p>	<p>Airborne Disease & Respiratory Illness</p> <p>from infectious air breathed out e.g flu, COVID19, RSV, bacteria, measles, tuberculosis, coughs and colds</p>
<p>Household Chemicals Building Materials, Odours</p> <p>Volatile organic compounds: formaldehydes, glues, paint, cleaning products, building materials, furniture glues</p>	<p>There is 2-5 times more pollution indoors than outdoors</p>	<p>Carbon Dioxide (CO2)</p> <p>Inside: from people breathing and cooking Outside: from wood burning, forest fires</p>

**HEALTH ISSUES
hours/days**

- Headache, Fatigue, Dizziness
- Memory loss
- Asthma exacerbation
- Concentration difficulties
- Skin irritation
- Cough, Pneumonia, Bronchitis
- Nose, eyes or throat irritation
- Sick building syndrome

**HEALTH ISSUES
years/lifetime**

- Lung impacts including asthma, respiratory allergies, airway diseases
- Cancer, Long Covid
- Cardiovascular impacts including high blood pressure, heart disease, heart attack, stroke
- Diabetes, Skin allergies
- Alzheimer's, Dementia, Parkinsons
- Newborn low birth weight, brain & lung development issues