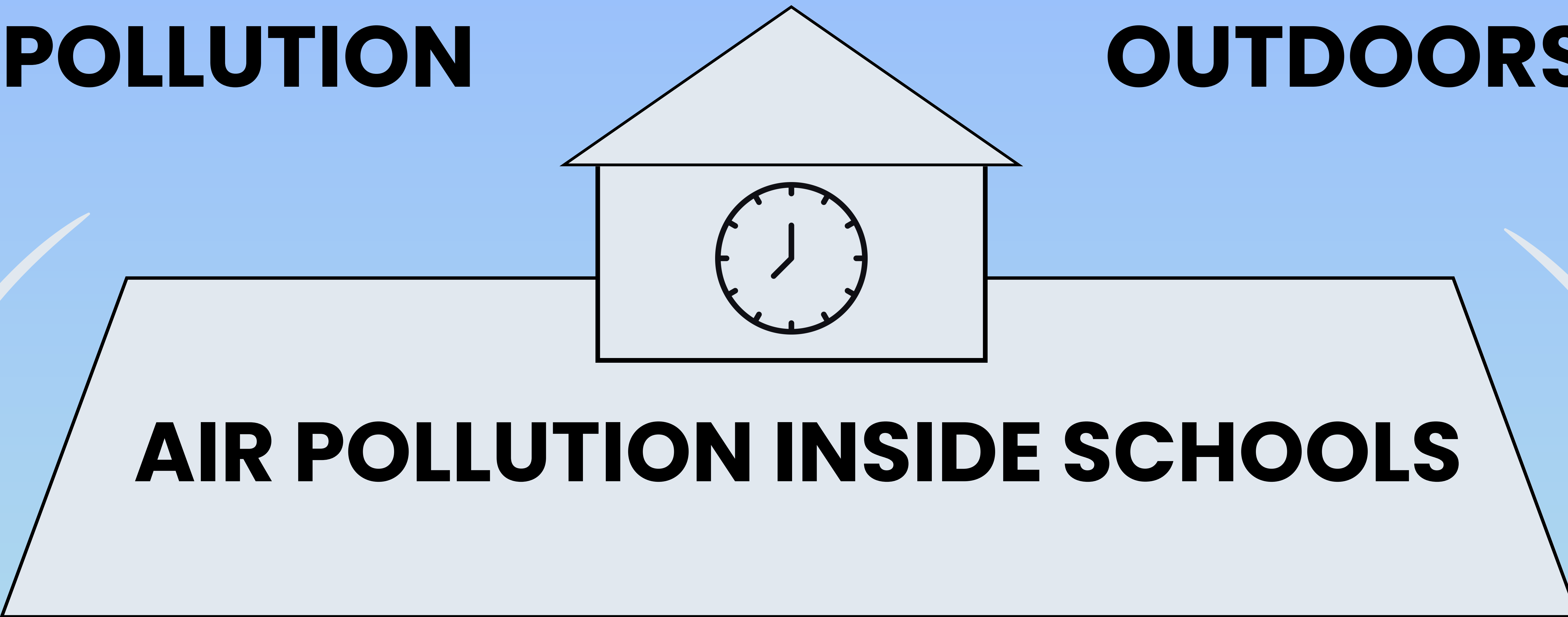




AIR

POLLUTION

OUTDOORS



SOURCES

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

**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