

Indoor air pollution essay sample

[Environment](#), [Pollution](#)



Complete the following chart:

Pollutant

Sources

Health effects

Is Your Risk Level Acceptable?

Solutions

Sustainable Replacements, when appropriate

Radon

Natural decay of uranium found in almost all soils.

Radon leaks into homes through walls, floors, and water.

Lung cancer unknown

Seal cracks and build vent system.

Not applicable

Mold

Can form anywhere and on anything. Warm and humid conditions are a factor. Lung disease, nasal stuffiness, eye irritation, wheezing, or skin

irritation unknown

Control humidity levels and ventilation

Not applicable

Formaldehyde

New furniture, particleboard, plywood, chipboard, and wood paneling

Irritation of the eyes, nose, and throat; nasal cancer and lung cancer unknown

Reduce humidity levels and increase ventilation

Use exterior grade pressed wood products

Lead

Lead-based paint, contaminated soil, dust, and drinking water Convulsions, coma, death, delays in physical and mental development, lower IQ levels, shortened attention spans, and increased behavioral problems yes

Keep environment dust free, balanced diet rich in calcium and iron Avoid the use of lead based paint

Asbestos

Construction materials, manufactured goods

Lung disease, mesothelioma, asbestosis, lung cancer

unknown

Use protective masks or other equipment when doing construction work Not applicable

Pesticides

Products used to kill household pests

Damage to central nervous system, cancer

yes

Avoid the use of them entirely

Not applicable

Sodium Hypochlorite

Bleach

Pulmonary edema, vomiting or coma

yes

Avoid swallowing and body contact

Chlorine tablets

Phthalates

Plasticizers

Unknown

yes

Not applicable

Not applicable

Synthetic Fragrances

(Petrochemicals, Di-ethyl phthalate, Benzyl butyl phthalate, etc.) Perfumes,
colognes, cosmetics

Allergic reactions, contact dermatitis

yes

Avoid the use of them entirely

Natural fragrances