



# Center's Tip of the Month: Greening Your Indoor Air

-- Tips for improving indoor air quality--

The first day of spring, St Patrick's Day; March is definitely the month of green. Celebrate the onset of March by adding a little green to your home! House plants are a great addition to any household. While they provide a burst of color, they also provide your home with cleaner air. Use these simple tips for finding houseplants to clean the air in your home.



## Tips & Resources

### What can you do? Reduce indoor air pollutants!

- ◆ *Make your home a no-smoking zone* — secondhand smoke contains formaldehyde, benzene, and PAH
- ◆ *Read labels on household products* — many common cleaning and cosmetic products contain air pollutants
- ◆ *Ventilate the air when cooking, cleaning or applying cosmetic products* — ventilation decreases concentration of indoor air pollutants
- ◆ *Add houseplants to your home* — A study by NASA determined houseplants can remove indoor air chemicals from your home
  - ◇ [English Ivy](#) - top ten air purifiers; removes benzene/formaldehyde; requires little maintenance
  - ◇ [Aloe vera](#) - removes benzene/formaldehyde; requires little maintenance; gel inside plant can also heal cuts/burns!
  - ◇ [Peace Lily](#) - top ten air purifiers; removes benzene,/formaldehyde/trichloroethylene; has beautiful white flowers

### What can you do? Learn about common pollutants in your home air - Where do they come from? How do they affect your health?

Chemical	Sources	Effects
<a href="#">Formaldehyde</a>	cigarette smoke, wood-burning/gas stoves, carpets, certain wood furnishings, paper products (grocery bags, facial tissues, paper towels), household cleaners, paints/wallpapers, cosmetics	Skin/eye/nose/throat irritant, headaches, nausea, asthma, cancer
<a href="#">Benzene</a>	Cigarette smoke (half the national exposure), wood smoke, gasoline, vehicle exhaust, certain glues, inks, paints, plastics, rubbers, detergents	Skin/eye irritant, headaches, dizziness, nausea, anemia, asthma, cancer
<a href="#">Trichloroethylene</a>	Certain dry cleaning products, inks, paint removers, lacquers, varnishes, adhesives	Headaches, dizziness, nausea, cancer
<a href="#">Polycyclic aromatic hydrocarbons</a>	cigarette smoke, wood stoves, vehicle exhaust, gas from asphalt roads	Skin/eye irritant, nausea, kidney/liver damage, cancer



Have questions? Want to learn more? Please email us at [cccehcolumbia@gmail.com](mailto:cccehcolumbia@gmail.com)!



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