



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
Formaldehyde	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
Benzene	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
Trichloroethylene	Certain dry cleaning products, inks, paint removers, lacquers, varnishes, adhesives	Headaches, dizziness, nausea, cancer
Polycyclic aromatic hydrocarbons	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!



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