

Indoor Air Quality Fact Sheet



Poor indoor air quality comes from many sources. It can lead to having lung diseases such as asthma. It can also cause headaches, dry eyes, nasal mucus, nausea and tiredness. People who already have lung problems have a greater chance of having these symptoms.

Common Indoor Air Pollutants

- Molds
- Pollen
- Dander from pet fur
- Secondhand smoke
- Formaldehyde
- Carbon monoxide that comes from burning propane, other gases and fuels, and charcoal
- Household products such as cleaners and pesticides

How to Improve Indoor Air Quality

- Open windows when you can to let in fresh air.
- Clean to get rid of dust and pet fur.
- Fix water leaks to help keep mold away.
- Use bug spray only when absolutely necessary.
- Do not smoke inside.
- Close windows and run the air conditioner or dehumidifier to control mold.
- If you see or smell mold, clean it up with a mix of no more than 1 cup of bleach mixed with 1 gallon of water. Never mix bleach with ammonia.
- If you smell gas, do not light any flames or sparks and leave the trailer right away.

**If you think poor indoor air is making you sick,
please see or call a doctor.**

About CDC

CDC is a federal public health agency based in Atlanta, GA. Our mission is to promote health and quality of life by preventing and controlling disease, injury and disability.

For More Information

We want to help you to stay healthy. If you would like more information about indoor air quality and health please call us toll-free at

1-800-CDC-INFO

If you have questions about moving out of your trailer, please call FEMA at

1-866-562-2381
(TTY 1-800-462-7585)