

Things to look out for

Indoor air pollution comes from several sources. Be alert to the following:

- **Condensation and high humidity:** Water collecting on windows or walls causes damp, mould and dust mites.
- **Black mould from damp:** Look for black spots on walls, ceilings, or around windows. Damp smells or condensation on windows are warning signs.
- **Carbon monoxide:** This invisible, odourless gas comes from faulty boilers, gas cookers, open fires, or other fuel-burning appliances.
- **Dust mites and dust:** Dust mites live in dust, especially unaired bedding, unvacuumed carpets and furnishings.
- **Cooking smoke:** Frying, grilling, or using gas hobs releases smoke particles into the air.
- **Burning anything indoors:** this includes candles, incense, wood burning stoves, fireplaces, cooking etc. These all cause high levels of indoor pollution.
- **Household chemicals:** Cleaning sprays, air fresheners, and diffusers can release irritants.
- **Poor ventilation:** Stale, stuffy air means pollutants are building up inside.

These problems add up. Several problems together make things worse.

Summary

Indoor air pollution can be a serious risk but is easy to manage. By staying alert to common sources of pollution and taking simple, practical steps, you can make the home a healthier place — especially if you or someone in your household is vulnerable.

Remember

Watch for signs of mould, damp, and poor ventilation

- **Use alarms for carbon monoxide and service fuel burning appliances**
- **Keep bedding and rooms clean and aired**
- **When cooking, keep windows open, use extractor fans**
- **Avoid using candles or incense**
- **Ventilate the home regularly**
- **Act quickly if you notice symptoms or alarms**

If you have concerns or need help, speak to your healthcare provider.



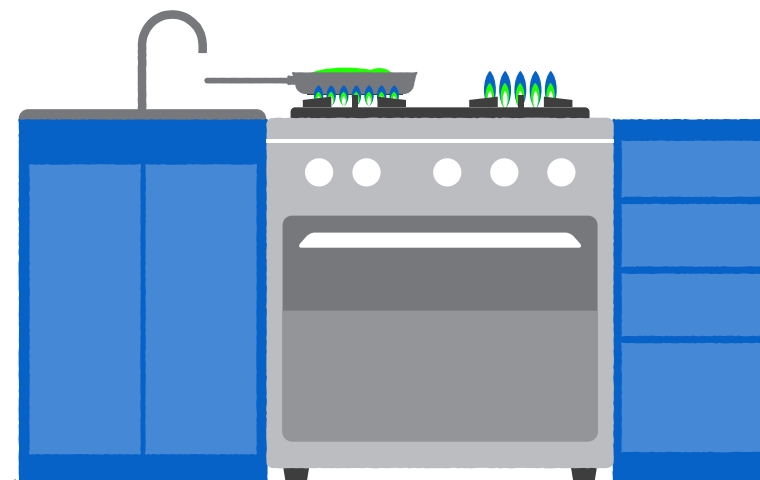
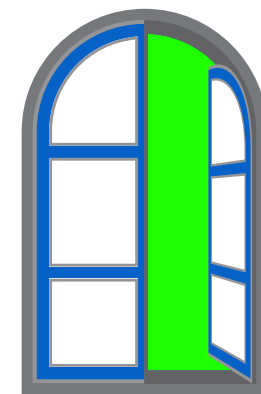
For more information, check the [Health Security Agency website](#) by scanning the QR code or talk to your doctor or nurse.



**Love
Clean
Air**

Keep the air fresh at home

The air inside your home can affect your health as much as the air outside



Indoor air pollution is a hidden risk that can make you sick or, in serious cases, even lead to death. This leaflet explains what to look out for, what actions you can take today, who should be especially concerned, and which pollutants matter most.

By following simple steps, you can help keep your home safe and healthy for everyone, especially if you or someone you care for has a long-term health condition.

Who Should Be Concerned?

While everyone benefits from cleaner air, some people are at higher risk from indoor air pollution:

- People with asthma, allergies, or other atopic conditions
- Those with chronic lung diseases (COPD)
- People with heart disease (CVD)
- Immunocompromised individuals, including from cancer treatment
- Older adults, children, expecting parents
- People with anaemia

If you or someone you care for falls into one of these groups, it's especially important to follow the steps in this leaflet.

Action to Take TODAY

- **Control condensation and humidity: Wipe condensation off windows and walls.** Use extractor fans when cooking, boiling water or showering. Always cook with lids on pots using cooker hoods and opening windows when safe. Shower with the door closed, window open, and extractor fan on. Air rooms and bedding often. Dry clothes in a room with ventilation or an extractor fan. If condensation is common, consider using a

humidity monitor. A dehumidifier can help as a temporary measure.

- **Tackle black mould and damp:** Find and fix any sources of dampness. Mould can be hidden by furniture or wallpaper, so check regularly. If the home is rented and you see black mould, tell the landlord. By law, they must fix it quickly.
- **Protect against carbon monoxide:** Make sure you have a carbon monoxide alarm certified to BS Kitemark or EN 50291, ideally a digital one that shows levels. Test it regularly. Get all fuel-burning appliances, including boilers, gas cookers and open fires, serviced every year. If your alarm sounds or you feel dizzy, sick, or have headaches, get fresh air and **seek medical help immediately.**
- **Reduce dust and dust mites:** Change bedding weekly and wash at 60°C or tumble dry hot. Use allergen-proof covers on pillows and mattresses. Air bedrooms, beds and bedding daily, leaving bedding turned down to air the mattress. Vacuum carpets regularly, especially if you have pets. Use a HEPA filter in your vacuum.
- **Reduce cooking and other indoor smoke.** Always cook with lids on and use the extractor fan and open a window. Avoid wood stoves, open fires, candles or incense indoors. Anything burnt inside causes high indoor pollution, even smokeless fuels.
- **Use household chemicals carefully:** Open windows or use extractor fans when using cleaning product and sprays.



Avoid air fresheners and scent diffusers if they seem to trigger symptoms.

- **Ventilate your home:** Open windows regularly, even in winter, to let fresh air in. Use extractor fans and avoid blocking vents. Don't let your home get cold, but do let it breathe.

Why you should take action

- **Condensation and humidity cause black mould, damp and dust mites.** Stop condensation to prevent these problems.
- **Black Mould** is caused by damp. Mould releases spores that triggers asthma attacks, allergic reactions and severe illness, especially in vulnerable people.
- **Carbon Monoxide** is a deadly gas that comes from faulty fuel burning appliances. High levels can very quickly cause unconsciousness and death. Low level poisoning causes headaches, dizziness, nausea, confusion. Alarms are essential.
- **Dust and Dust Mites** are one of the top causes of asthma and allergies. They thrive in warm, humid environments, especially bedding and carpets. Their droppings are highly allergenic.
- **Cooking smoke, wood fires, candles and incense** harm your lungs. The smoke particles go into your blood, damaging the heart and other organs.
- **Household Chemicals:** Cleaning sprays, air fresheners and diffusers can irritate the lungs, especially in people with asthma or allergies.

Good ventilation is the simple solution. Fresh air fixes the problem. Open windows safely, every day.