



INDOOR AIR POLLUTION: THE INVISIBLE THREAT IN OUR HOMES

Indoor air pollution comes from everyday items—cleaning products, furniture, flooring, synthetic fabrics, air fresheners, and even candles. When these release harmful chemicals into the air, they create a toxic indoor environment that we breathe in 24/7.



HUMAN HEALTH IMPACT

BREATHING PROBLEMS

- Indoor air is often 2 to 5 times more polluted than outdoor air (EPA).
- Common pollutants include formaldehyde, VOCs, benzene, and phthalates—all linked to respiratory issues and long-term health risks.

BRAIN FOG & FATIGUE

- VOCs (volatile organic compounds) from cleaning agents, paints, and synthetic furniture can trigger headaches, dizziness, and memory issues.

ESPECIALLY HARMFUL TO KIDS

- Children breathe faster and have developing systems. Exposure to indoor air toxins can increase risks of asthma, ADHD, and developmental delays.

LONG-TERM DISEASES

- Chronic exposure is linked to heart disease, cancer, and hormonal disruption.

ENVIRONMENTAL IMPACT

CHEMICAL OVERLOAD

Synthetic air fresheners and cleaners emit VOCs that contribute to smog formation and indoor chemical pollution.

DISPOSABLE PRODUCTS

Many indoor air pollutants come from single-use or disposable products like plug-in air fresheners, dryer sheets, or chemical wipes—adding to landfill waste and pollution.

ENERGY WASTE

HVAC systems working harder to circulate polluted air use more energy, especially when filters are clogged by chemical particles.



WHAT CAN YOU DO?

- Ventilate your home—open windows regularly and use HEPA filters.
- Choose fragrance-free and non-toxic cleaners.
- Say no to synthetic air fresheners—use essential oil diffusers or open windows.
- Opt for natural materials in rugs, furniture, and curtains.
- Add air-purifying plants like snake plant, spider plant, or peace lily.

We spend **90%** of our time indoors, especially kids. Small changes can make a huge difference to your health and the health of the planet.

BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU

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