



Indoor Air Quality Resources

Compiled by

Oregon Public Health, Office of Environmental Public Health
<http://www.oregon.gov/DHS/ph/oeph/>

Note: This list is kept up-to-date on the EH@Home web site at
<http://ehsc.oregonstate.edu/ehathome>

Asbestos

- **Agency for Toxic Substances and Disease Registry (ATSDR)**
Health effects of exposure to asbestos
<http://www.atsdr.cdc.gov/substances/toxsubstance.asp?toxid=4>
- **EPA – Indoor Air Quality – Asbestos**
Sources, health effects, steps to reduce exposures
<http://www.epa.gov/iaq/asbestos.html>
- **National Cancer Institute**
General information about asbestos and health risks
<http://www.cancer.gov/cancertopics/factsheet/Risk/asbestos>
- **Oregon DEQ**
Information and rules about safe handling of asbestos-containing materials
<http://www.deq.state.or.us/aq/asbestos/>

Biological Pollutants and Allergens (pet dander, cockroaches, dust mites, mold and pollen)

- **American Academy of Allergy Asthma & Immunology**
The National Allergy Bureau is responsible for reporting current pollen and mold spore levels to the public
<http://www.aaaai.org/nab/index.cfm>
- **EPA Indoor Air Quality Biological Pollutants**
What are they, sources, health effects, and actions in the home that keep air clean
<http://www.epa.gov/iaq/biologic.html>
- **Consumer Products Safety Commission – Biological Pollutants**
Sources (pet dander, pollen, mold, cockroaches and dust mites,), helpful image and suggestions for actions to take to protect health
<http://www.cpsc.gov/cpscpub/pubs/425.html>

Carbon Monoxide and Combustion Products

- **Consumer Products Safety Commission – Combustion Appliances**
What You Should Know About Combustion Appliances and Indoor Air Pollution
<http://www.cpsc.gov/cpscpub/pubs/452.html>
- **EPA Burn Wise**
Resources for consumers choosing combustion products and the federal tax credit
<http://www.epa.gov/burnwise/resources.html>
- **EPA Indoor Air Quality Sources of Combustion Products**
Information on sources, pollutants and health effects of combustion products
<http://www.epa.gov/iaq/combust.html>

Environmental Tobacco Smoke (ETS or ‘second hand smoke’)

- **American Academy of Pediatrics**
Smoke-free homes initiative
<http://www.kidslivesmokefree.org/>
- **American Lung Association**
Information on ETS, health effects and ways to avoid health problems.
<http://www.lungusa.org/>
- **EPA – National Center for Environmental Assessment**
Information about the health effects of ETS
<http://cfpub.epa.gov/ncea/cfm/recordisplay.cfm?deid=2835>

General IAQ Resources

- **American Lung Association**
Information on indoor air pollution, its health effects and steps to take to improve the indoor air quality in your home.
<http://www.lungusa.org/healthy-air/home/>
- **Consumer Product Safety Commission – A Guide to Indoor Air Quality**
A detailed booklet on indoor air pollution, including where it comes from, what the health risks are, and ways to improve the air quality in your home
<http://www.cpsc.gov/cpscpub/pubs/450.html>
- **EPA Addressing Indoor Environmental Concerns During Remodeling**
Information to follow when remodeling or improving the energy efficiency of your home, steps to minimize pollution from sources inside the home, either from new materials, or from disturbing materials already in the home
<http://www.epa.gov/iaq/homes/hip-concerns.html>
- **EPA Indoor Air Quality – IAQ House**
Interactive house, click on rooms and sources of indoor air pollution and messages about how to reduce the sources and actions to take pop up
<http://www.epa.gov/iaq/iaqhouse.html>

- **Metro – Sustainable Living**
Information on green cleaners, natural gardening, tips for purchasing products.
<http://www.oregonmetro.gov>
- **EPA’s Design for the Environment**
Information about safe cleaning supplies and where to find them
<http://www.epa.gov/dfe/>
- **GreenSeal**
Independent third party certification program for safe cleaning supplies and information about where to find GreenSeal-certified products
<http://www.greenseal.org/>

Lead

Oregon Public Health - Lead Poisoning Prevention Program

- Provides information on how to prevent lead exposure in the home and at work. The program is working to prevent and reduce lead-based paint exposures by overseeing certification and training of professionals working with lead-based paint and enforcing lead-based paint regulations.
<http://www.healthoregon.org/lead>

Mold

- **Community Alliance for Tenants**
Statewide, grassroots, tenant-controlled, tenant-rights organization. Educates, organizes and develops leadership of low-income tenants to directly challenge unjust housing policies and practice
<http://oregoncat.org/>
- **EPA Mold and Moisture**
Basic information, where you live, frequent questions, publications, image library, mold clean up advice and flood clean up information
<http://www.epa.gov/mold/>
- **Northwest Clean Air Agency**
Provides educational material specific to the PNW, including the mold video that was shown during the EH@Home presentation.
<http://nwcleanair.org/>
- **Oregon Public Health - Toxicology Consulting Services**
Provides education over the phone, online and through publications for the public and other entities including ways to protect health and actions to take.
<http://www.healthoregon.org/envtox>

Outdoor Air – (which influences your indoor air)

- **Oregon DEQ Air Quality Index**

This online resource provides current information about the outdoor air quality around Oregon based on measured concentrations of the 6 pollutants regulated by the Federal Clean Air Act.

<http://www.oregon.gov/DEQ/AQ/index.shtml>

Specific air pollution levels: <http://www.deq.state.or.us/aqi/index.aspx>

Radon

- **American Lung Association**

Information on radon, health effects, steps to take in your home and radon tests, including an affordable radon test kit program.

<http://www.lungusa.org/healthy-air/home/resources/radon.html>

Radon test kit:

<http://www.lungusa.org/associations/charters/new-england/products/radon-kits.html>

- **EPA – Consumer’s Guide to Radon Reduction**

Information on what methods to use to test radon and reduce the levels in your home, including estimates on costs for the different methods.

<http://www.epa.gov/radon/pubs/consguid.html>

- **Oregon Public Health - Radiation Protection Services**

Provides information and educational materials to the public on the hazards of radon gas.

<http://www.healthoregon.org/radon>

Volatile Organic Compounds

- **EPA Indoor Air Quality – Volatile Organic Compounds (VOCs)**

This site is dedicated to education on VOCs that come from thousands of household products. Studies have found homes with VOC levels 2 to 5 times higher than outdoor air.

<http://www.epa.gov/iaq/voc.html>

- **Oregon Public Health - Toxicology Consulting Services**

Provides education over the phone, online and through publications for the public and other entities including ways to protect health and actions to take.

<http://www.healthoregon.org/envtox>