



**Housing
Conservation
Coordinators**

777 Tenth Avenue, New York, NY 10019
T: 212-541-5996 F: 212-541-5966
www.hcc-nyc.org

Is the air in your home making you sick?



You may know that air pollution is caused by factories and car exhaust, but are you aware that poor air quality in your own home can hurt your health? If left untreated, indoor air pollution can cause short and long term health problems, including:

- Irritation of the eyes, nose and throat
- Increased incidence of asthma, bronchitis and pneumonia
- Heart disease
- Damage to the brain, nerves and liver
- Aggravated medical conditions in the elderly

The likelihood of immediate reactions to indoor air pollutants depends on several factors. Age and pre-existing medical conditions are two important influences. In other cases, whether a person reacts to a pollutant depends on his/her individual sensitivity, which varies tremendously from person to person.

Identify The Risk

There are several potential sources of indoor air pollution in your home that may create vapor chemicals, carbon monoxide, and toxic gases. Such sources may include:

- Unvented and/or malfunctioning stoves
- High humidity levels
- Inadequate ventilation
- Deteriorated furnishing
- Wet or damp carpeting
- Use of solvents in cleaning
- Pesticides
- Tobacco

Symptoms of exposure include:

- Headaches
- Allergic reactions
- Shortness of breath
- Chest pain
- Nausea
- Wheezing
- Chest tightness
- Fatigue



Take action

- ✓ Identify signs of improper ventilation, including moisture condensation on windows or walls, mold, stuffy air, or dirty air-cooling equipment.
- ✓ Carefully inspect areas where mold is found to identify its source. NYC Department of Health has prescribed proper procedures that property owners must follow to abate mold.
- ✓ Indoor houseplants should not be overwatered, as overly damp soil may promote the growth of microorganisms, which can affect allergies.
- ✓ Install and use exhaust fans in the kitchens and bathrooms that are vented to the outdoors.
- ✓ Regularly clean filters on air conditioners and/or air purifiers.
- ✓ Keep the house clean. Dust mites, pollens, pet dander, and other allergy-causing agents can be reduced through regular cleaning.
- ✓ Improve the indoor air quality in your home even if symptoms are not noticeable.

Housing Conservation Coordinators, a community based organization that was founded in 1972 to preserve affordable housing in Hell's Kitchen, can help you with your complaint to obtain necessary repairs. Call 212.541.5996 or visit us at 777 Tenth Avenue, New York, 10019.