



Prevent negative impact on IAQ

FACT SHEET 16

SUBJECT BEING ADDRESSED BY THIS FACT SHEET

Installation recommendations to prevent negative impact on IAQ.

WHO IS THE TARGET AUDIENCE FOR THIS FACT SHEET?

Householders, Building owner, Landlords.

THE FACTS

1. Ventilation Systems:

Install proper ventilation systems to ensure a constant supply of uncontaminated / conditioned air. This can include mechanical ventilation systems like exhaust fans or a whole-house ventilation system that brings in filtered outdoor air.

2. Air Filters:

Install high-quality air filters in your HVAC system. Choose filters with a high MERV rating (Minimum Efficiency Reporting Value) or HEPA rated (High Efficiency Particulate Arrester) to effectively capture airborne particles like dust, pollen, pet dander, and mould spores.

3. Air Purifiers:

Consider installing air purifiers in key areas, especially in rooms with high pollutant sources or where vulnerable individuals spend a significant amount of time. Look for air purifiers with HEPA filters to remove small particles and allergens from the air.

4. Humidity Control:

Install a humidifier or dehumidifier depending on your specific needs. Maintaining optimal humidity levels (around 30-50%) can help prevent mold and mildew growth and improve indoor air quality.

5. Source Control:

Install proper ventilation or exhaust systems in areas with potential pollutant sources, such as kitchens, bathrooms, and laundry rooms that maintain negative air pressure in the space. This helps to remove pollutants at the source and prevent them from spreading throughout the building.

6. VOC-Free Materials:

When renovating or selecting new materials, choose low or zero VOC (Volatile Organic Compounds) products. These include paints, adhesives, and cleaning products. VOCs can release harmful chemicals into the air and negatively impact indoor air quality.

7. Radon Mitigation:

Install a radon mitigation system if your area is prone to radon gas. Radon is a naturally occurring radioactive gas that can seep into buildings and pose serious health risks. A mitigation system helps to vent radon gas out of the building.

8. Regular Maintenance:

Implement a regular maintenance schedule for your HVAC system. This includes cleaning and replacing air filters, inspecting, and cleaning air ducts, and ensuring that all components are functioning properly.

9. Smoke and Carbon Monoxide Detectors:

Install smoke detectors and carbon monoxide detectors throughout your home. These devices help detect and alert you to the presence of smoke or hazardous levels of carbon monoxide, ensuring a safe indoor environment.

10. Green Building Practices:

Consider incorporating green building practices during construction or renovation. This includes using sustainable materials, implementing energy-efficient systems, and designing for good indoor air quality.

Next steps for the target audience

These recommendations may vary depending on your specific circumstances and the air quality challenges you face. It is always a good idea to consult with a professional in indoor air quality or HVAC systems to determine the most suitable installations for your environment.