

Improving Air Quality

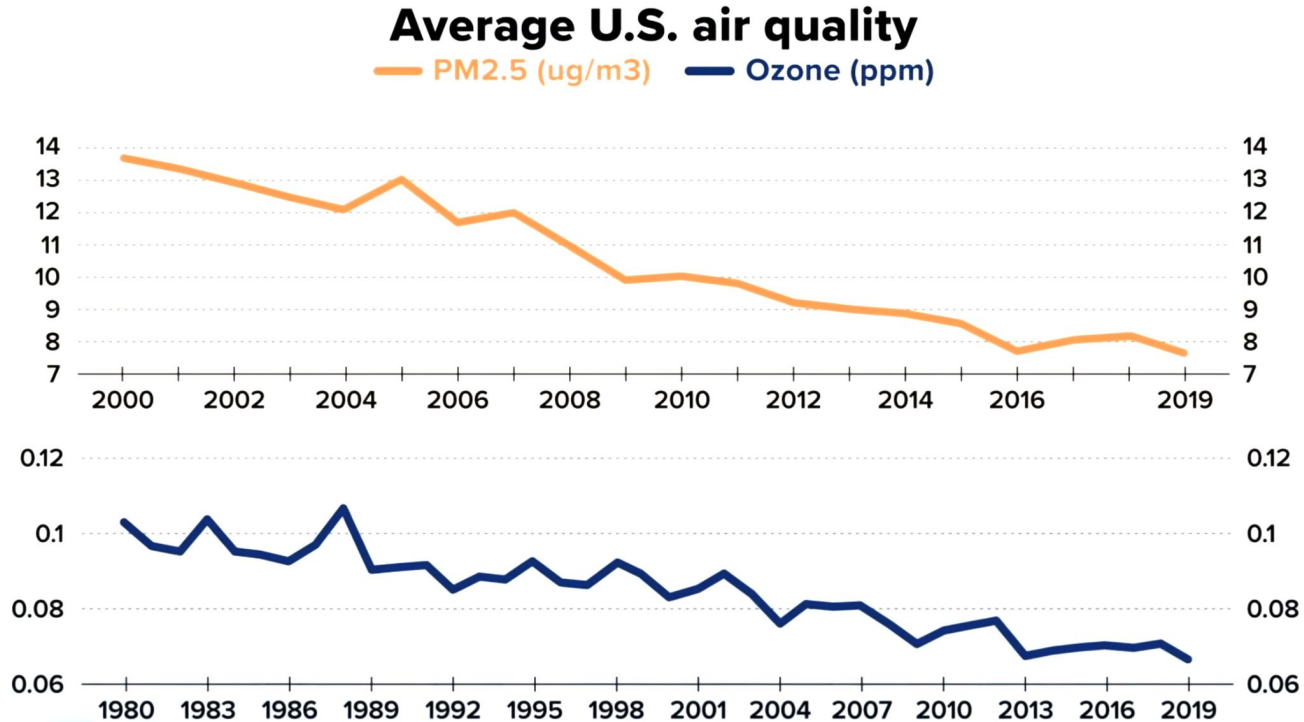


Because humans are the source of much of the air pollution that is harmful to our health, we have the power to make changes to improve our air quality both now and into the future.



Los Angeles is consistently ranked as the city with the **worst air pollution** in the United States. Emissions from trucks and cars are the number one cause, which accounts for approximately 40% of California's atmospheric pollution.

The good news is that since the creation of the EPA, air quality in Los Angeles and all American cities has been improving. Both PM_{2.5} and Ozone are steadily decreasing due to regulations.



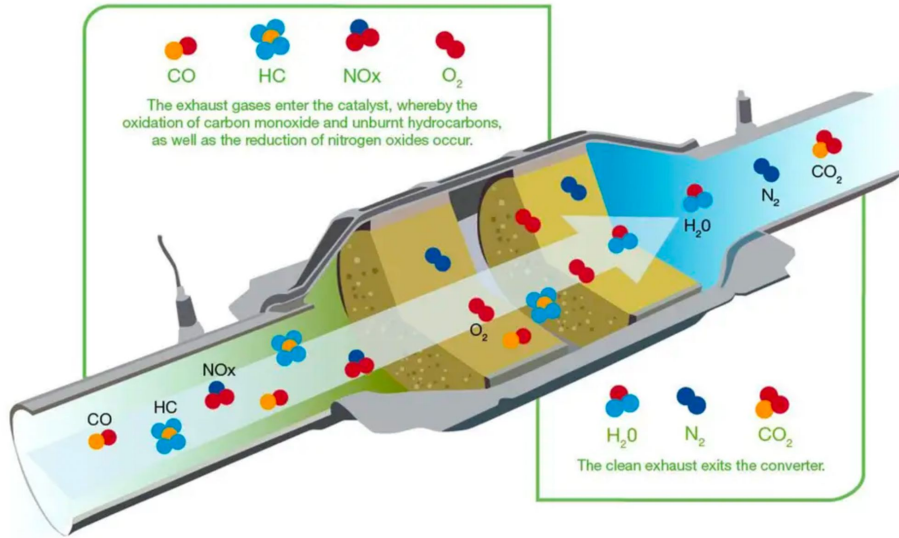


View of Los Angeles Civic Center during the 1960s when smog producing emissions were unregulated.



View of Los Angeles Civic Center today after 60 years of environmental protection regulations.

Catalytic Converters are exhaust emission control devices in cars and trucks that convert toxic gases and pollutants into water, nitrogen, and carbon dioxide through chemical reactions. Catalytic converters were made mandatory in the US in 1975.



While outdoor air quality is improving due to government action and the increasing use of electric emissionless cars, **indoor air quality (IAQ)** is equally important. Indoor air quality varies greatly from building to building and can have great impacts on inhabitants.



Sources of Indoor Pollutants



IMPROVING INDOOR AIR QUALITY in Your Kitchen

POOR INDOOR AIR QUALITY CAN WORSEN ASTHMA AND ALLERGIES



Fix leaks from your sink, dishwasher and refrigerator water line.



Throw out old produce before it grows mold.



Clean up spills and messes right away.

Keep refrigerator door seals **CLEAN**.

DON'T let dirty dishes pile up.

CLEAN the tops of cabinets and vent hood often.



Use a Certified **asthma & allergy friendly**® air cleaner.



Use unscented or homemade cleaners.



Use lids on trash cans.



Avoid aerosol cleaning products.

IMPROVING INDOOR AIR QUALITY in Your Living Room

POOR INDOOR AIR QUALITY CAN WORSEN ASTHMA AND ALLERGIES



Choose leather or vinyl furniture.



Hang blinds or washable curtains.



Don't smoke in the house or use the fireplace.

DON'T USE throw pillows.

CLEAN UP clutter.

Use washable area rugs. **WASH** them weekly.



Remove scented candles and potpourri.



Replace carpets with solid surface flooring with low VOCs.



Use a Certified **asthma & allergy friendly**® air cleaner.

House plants have the ability to reduce levels of indoor air pollutants through a process called stomatal uptake (absorption). House plants also improve physical and mental health through improving psychological well-being while indoors.



AIR-FILTERING PLANTS



DWARF DATE PALM
Phoenix robelinii



BOSTON FERN
Nephrolepis exaltata



KIMBERLEY QUEEN FERN
Nephrolepis obliterata



SPIDER PLANT
Chlorophytum comosum



CHINESE EVERGREEN
Aglaonema modestum



BAMBOO PALM
Chamaedorea seifrizii



WEeping FIG
Ficus benjamina



DEVIL'S IVY
Epipremnum aureum



FLAMINGO LILY
Anthurium andraeanum



LILYTURF
Liriope spicata

WHAT ARE THE EFFECTS ON HUMANS?

Like most chemicals, the adverse health effects you may encounter depend on several factors, including the amount to which you are exposed, the way you are exposed, the duration of exposure and the form of the chemical. Below are common symptoms associated with each toxic agent.



TRICHLOROETHYLENE

Symptoms associated with short term exposure include excitement, dizziness, headache, nausea and vomiting followed by drowsiness and coma.



XYLENE

Symptoms associated with short term exposure include irritation to mouth and throat, dizziness, headache, confusion, heart problems, liver and kidney damage and coma.



FORMALDEHYDE

Symptoms associated with short term exposure include irritation to nose, mouth and throat, and in severe cases, swelling of the larynx and lungs.



AMMONIA

Symptoms associated with short term exposure include eye irritation, coughing and sore throat.



BENZENE

Symptoms associated with short term exposure include irritation to eyes, drowsiness, dizziness, increase in heart rate, headaches, confusion and in some cases can result in unconsciousness.

PLEASE NOTE

Several of these plants are known to be toxic to cats, dogs and other pets. If you are a pet owner, please do check the toxicity of plants before introducing them to your home.