YOUR HEALTH

What are the symptoms of poor indoor air quality?

Mood swings

Mould releases mycotoxins which can kill neurons in the brain. This can impair its function and cause mood swings, headaches and irritability.

Headaches

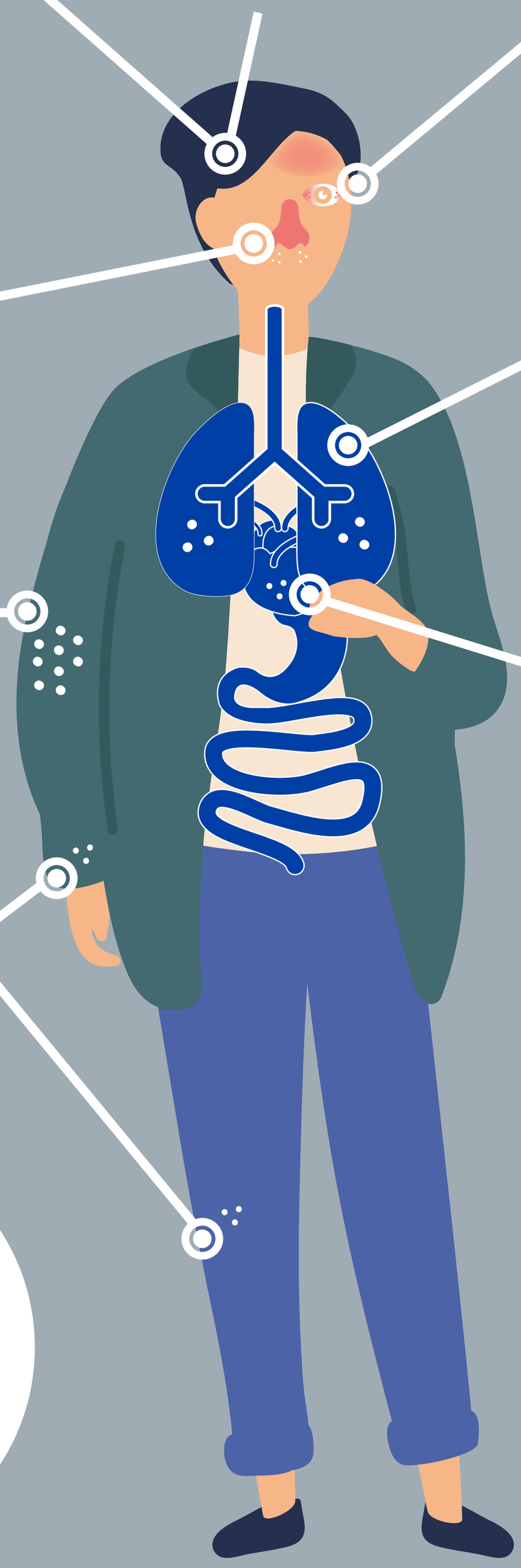
Are a common symptom of poor indoor air quality.

Eye irritation

Formaldehyde is released from wooden furniture, textiles, paint and cleaning products and can be a serious irritant to eyes.

Sinus irritation

Is a common symptom of poor indoor air quality. Indoor dampness will promote the survival of viruses.



Asthma and lung cancer

Asthma is the 2nd highest burden of disease at 22% followed by lung cancer at 15%.

Skin irritation

Eczema sufferers are at greater risk of a flare up where mould is present.

Cardiovascular disease

Poor Indoor air affects cardiovascular health which accounts for 45% of the national burden of disease.

Aches & pains

Are severe symptoms of poor indoor air quality.

INADEQUATE ventilation in UK homes could lead to an 80% increase in asthma sufferers from current levels by 2050*

81% OF PEOPLE are at risk of suffering from a respiratory or dermatological condition because of poor air quality inside their home.*

*www.myhealthmyhome.com

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