**Indoor Air Quality UK**

**Awareness**

**The Facts**
- 90% of our lives are spent indoors.
- Indoor air can be 50x more polluted than outdoor air.
- We breathe 9000 litres of indoor air each day.

**Causes of Poor Indoor Air Quality**

- **Drying Laundry**: Drying washing indoors adds to moisture build up and mould growth.
- **VOC’s**: Paints and aerosols release VOC’s (Volatile Organic Compounds) in the air.
- **Woodburners**: Wood burning stoves release particles into the air that you can breathe in.
- **Bathrooms**: Mould forms in the bathroom caused by excess moisture build up.
- **Pets & furnishings**: New furniture releases chemicals, carpets harbour dirt and pet hair causes allergies.
- **Cooking & gas cookers**: Cooking with gas releases chemicals into the air. Cooking in general generates excess moisture leading to mould growth.

**Solutions**

- Installation help and advice
- Vent-Axia can help you tackle indoor air quality issues
- Monitor air pollutants
- FREE survey
- The right ventilation products

**Website**: www.vent-axia.com/healthyhomes