

Environmental Facts

- * Burn only dry, well-seasoned wood, not wet or freshly cut wood
- * The United States is responsible for almost 25% of the world's total energy consumption. The U.S. uses one million gallons of oil every two minutes.
- * Raw sewage, poison runoff and other pollution have caused 8,000 beach closures or advisories over the past 5 years.
- * In many urban areas, children are steadily exposed to high levels of pollutants, increasing the risk of chronic lung disease, cell damage and respiratory illness.
- * The annual catch in 13 of the world's 15 major fishing zones has declined, four of which, three in the Atlantic and one in the Pacific oceans the catch has shrunken by 30%.
- * As many as 70,000 people nationwide may die prematurely from heart and lung disease aggravated by particulate air pollution.
- * Millions of pounds of toxic chemicals, like lead, mercury and pesticides, pour into our waterways each year, contaminating wildlife, seafood and drinking water.



QAGAN TAYAGUNGIN TRIBE ENVIRONMENTAL DEPARTMENT

Indoor Air Quality



QAGAN TAYAGUNGIN TRIBE ENVIRONMENTAL DEPARTMENT

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WHICH EARTH DO YOU WANT TO LIVE IN?



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Ventilation!

Indoor air pollution is a concern to our health. Indoor pollution contains: dust, mold, radon, carbon monoxide, tobacco smoke, wood stove, household cleaners. Inadequate ventilation causes pollutants to remain in your home. Opening a window a couple times a day (not more than a few minutes) will improve your indoor air quality. Using environmentally safe cleaning products or getting a plant for your household will also improve your indoor air quality.

Improving the way you breathe the air!

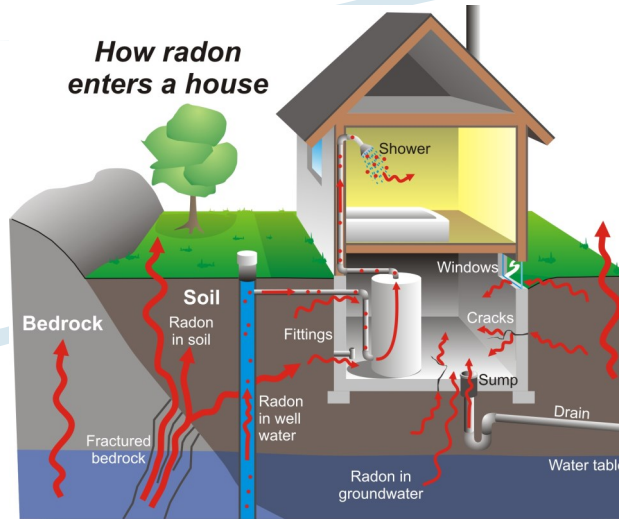
Do you ever feel like you can't breathe or have sinus/allergy problems? Mold could be a cause of your symptoms. Molds are microscopic organisms/spores that live on wood, carpets, and foods. Moisture and humidity is a cause for the growth of mold in your home. Moisture comes from flooding, roof/plumbing leaks, humidifiers, wet clothes drying inside the home, steam from the bathroom/kitchen. Mold affects your health! Some of the common effects of mold exposure are: headaches, eye irritation, nasal stuffiness, breathing difficulties, skin irritation, allergic reactions, and asthma symptoms such as anxiety, fast heart rate, and throat irritation. To prevent this from happening in your home, clean/wipe damp areas, fix broken/leaking pipes, ventilate, and clean up any spills on your carpet.

Radon

- ◇ An Environmental Hazard
- ◇ A Colorless, odorless, radioactive element
- ◇ Occurs naturally in soil, rock, and air near the ground.
- ◇ The 2nd leading cause of lung cancer
- ◇ Enters home from the ground

Ways to prevent radon from entering your home

- ⇒ Sealing off cracks in your basement and walls
- ⇒ A heat recovery ventilator can help introduce more fresh air at lower energy cost.
- ⇒ Vent under your house as well such as crawl space
- ⇒ Test your home (canisters of coal could be distributed by EPA, long term test lasting 2-90 days)



Carbon Monoxide

- ◇ A colorless, odorless gas
- ◇ Comes from wood stoves, automobile exhaust, gas space heaters, generators, furnaces.
- ◇ Side effects include: dizziness, nausea, confusion, chest pain, fatigue, and other flu-like symptoms.
- ◇ Prevention: keep gas appliances properly adjusted, don't idle car in garage, choose a proper sized wood stove certified by the EPA emission standard, and properly vent wood stoves, or space heaters, when they are in use.
- ◇ The U.S. Consumer Product Safety Commission recommends that every home should have a CO alarm.

