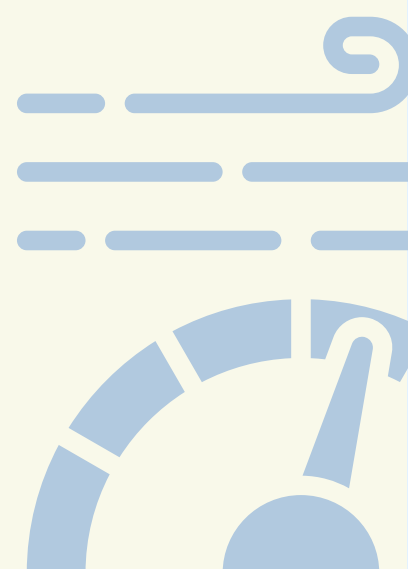


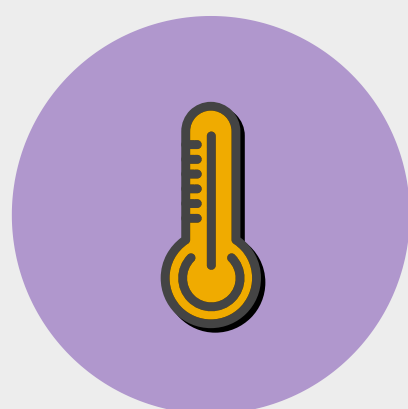
# HOW BUILDINGS AFFECT YOUR HEALTH

## INDOOR AIR QUALITY

- Indoor air quality depends on the presence and amount of harmful pollutants in your building.
- Harmful pollutants can come from outdoor sources, like smog, wildfires, and crop dusting.
- Indoor pollutants can come from sources like gas appliances, cleaning supplies, and mold.
- An updated and operating ventilation system can drastically reduce your exposure to pollutants since it filters the air and controls for moisture.
- Any type of long exposure to high amounts of air pollution can lead to respiratory health issues. ([Harvard](#))



## BUILDINGS AFFECT THERMAL HEALTH



- Thermal Health is the indoor temperature where most people are comfortable.
- In locations with high heat, A/C can help prevent heat related illness like dehydration, negative moods, respiratory symptoms, fatigue, and in extremes events, heat stroke and death.
- Cold and dry air conditions can spread flu viruses more easily. Appropriate indoor heating can help prevent the spread of the winter flu and prevent cold-related injury like frostbite. ([Harvard](#))

## HAZARDOUS MATERIALS

Hazardous materials are things in your building that can cause you physical harm. Hazards from within building structures such as pests, lead, asbestos, fiberglass, and radon can cause a range of health issues from breathing trouble to increasing your risk of cancer. ([EPA](#), [APHA](#))



## LIGHTING / NOISE

- Artificial light is any light that does not come from the sun. Natural and artificial light give our body cues for daily functions like sleep, mood, and alertness.
- If we are exposed to too much or too little light, our internal clocks can be disrupted, leading to sleep disorders.
- Constant exposure to loud noises can lead to hearing loss.
- Higher noise levels are also associated with higher blood pressure, changes in heart rate, and hypertension. ([Harvard](#))

## WATER QUALITY

Water has 3 possible types of contaminants, all with different sources and health effects. ([EPA](#))

**Microbial contaminants.** These contaminants, also called microorganisms, are small organisms invisible to the naked eye. These organisms live in all outdoor bodies of water, and, if not disinfected, can persist in our tap water and cause bacterial or viral disease.

**Organic contaminants.** These contaminants are found in products that unintentionally enter bodies of water. Examples include compounds found in pesticides, nonstick products, and medication. These contaminants can increase your risk for cancer, and other health issues.

**Inorganic contaminants.** These contaminants are also found in outdoor bodies of water and include harmful pollutants like lead. Exposure to these contaminants can lead to heavy metal poisoning.

