

Source	Matter make pollution	Impact on lung health	Action
<b>Smoke</b> <ul style="list-style-type: none"> <li>• Cigarette</li> <li>• Pipes</li> <li>• Chicken cigars</li> </ul>	Cigarette smoke in the lips school	<ul style="list-style-type: none"> <li>• Irritation of the nose and throat</li> <li>• Worsening of asthma symptoms</li> <li>• Increased risk of lung symptoms such as cough</li> <li>• Reduced lung function</li> <li>• More severe COPD</li> <li>• Lung cancer</li> </ul>	<ul style="list-style-type: none"> <li>• No smoking in the house</li> <li>• Do not allow people other smoke in the house</li> </ul>
<b>Non-ventilated cooking and heating systems</b> <ul style="list-style-type: none"> <li>• Stoves</li> <li>• Fireplaces</li> <li>• Fire zones</li> <li>• Candles</li> </ul>	<ul style="list-style-type: none"> <li>• Dust particles (small dust and dirt in the air)</li> <li>• Exhaust gases (CO, N<sub>2</sub>, oxide)</li> <li>• Sulfur oxide</li> </ul>	<ul style="list-style-type: none"> <li>• Irritation of the nose and throat</li> <li>• Worsening of asthma symptoms</li> <li>• Increased risk of lung symptoms such as o</li> <li>• Reduced lung function</li> <li>• More severe COPD</li> <li>• Lung cancer</li> <li>• Death and CO poisoning</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce use of unventilated heaters</li> <li>• Well maintained gas tools</li> <li>• Use exhaust fans on gas furnaces and gas storage areas</li> <li>• Reduce wood stove gas emissions</li> <li>• Clean chimneys and exhaust pipes regularly</li> </ul>
<b>Household chemicals</b> <ul style="list-style-type: none"> <li>• Paint</li> <li>• Oil</li> <li>• Chemicals used for cleaning</li> <li>• Air fresheners</li> <li>• Insecticidal chemicals</li> <li>• Chemical fungicides</li> <li>• Chemicals that kill weeds</li> </ul>	<ul style="list-style-type: none"> <li>• Volatile organic compounds</li> <li>• Toxic substances</li> </ul>	<ul style="list-style-type: none"> <li>• Irritation of the nose and throat</li> <li>• Shortness of breath</li> <li>• More severe asthma symptoms</li> <li>• Poisoning status</li> </ul>	<ul style="list-style-type: none"> <li>• Follow label instructions for the safe use of chemicals</li> <li>• Work outside when possible and ventilate rooms during and after use</li> <li>• Carefully dispose of partially used containers</li> </ul>
<b>Warm and cool</b> <ul style="list-style-type: none"> <li>• Ventilation systems</li> <li>• Air conditioner</li> </ul>	Viruses and Germs	<ul style="list-style-type: none"> <li>• Inflammation of the airways</li> <li>• Pneumonia</li> </ul>	Ensure regular water changes in air conditioners
<b>Bed linen and furniture</b> <ul style="list-style-type: none"> <li>• Mattress</li> <li>• Pillow</li> <li>• Carpet</li> <li>• Leather interior</li> </ul>	Dust mites	Exacerbation of asthma or allergy symptoms	<ul style="list-style-type: none"> <li>• Change mattresses and bed sheets regularly</li> <li>• Use dust mite-proof bed covers</li> <li>• Wash regularly</li> <li>• Good ventilation</li> <li>• Reduce house humidity</li> <li>• Choose smooth floors instead of carpets</li> </ul>
Damage caused by moisture, dampness	<ul style="list-style-type: none"> <li>• Musty</li> <li>• Dust mites (see above)</li> </ul>	<ul style="list-style-type: none"> <li>• Irritation of the nose and throat</li> <li>• Shortness of breath</li> <li>• Allergic reactions</li> <li>• Aggravation of asthma symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Prevent leaks and water damage</li> <li>• Good ventilation</li> <li>• Remove mold stains</li> <li>• Use a dehumidifier</li> </ul>
The ground on which buildings are built	Radon (Rn)	Lung cancer (in Europe, indoor radon accounts for about 9% of all lung cancer deaths, and this	<ul style="list-style-type: none"> <li>• Measure radon concentration</li> <li>• Follow the advice of local experts to reduce levels by</li> </ul>

		risk increases dramatically when combined with smoking)	using a ventilator if radon levels are high • Stop smoking
<b>Building materials</b> • Roofing and flooring materials • Insulation • Cement • Painted materials • Heating equipment • Soundproof • Plastic • Glue • Plywood • Reinforcement mats • Fabric	Asbestos (a problem if asbestos-containing materials deteriorate or decay with age)	• Asbestos disease (scarring of lung tissue) • Lung cancer • Mesothelioma (a rare type of cancer)	• If you find asbestos in your home, make sure it's not damaged • If your home is being repaired, have it removed by professionals
	Composite fiber (can shed fibers if it breaks due to age or water damage, and when trimmed, chopped, cut or mixed with sand)	Larger fibers cause nasopharyngeal irritation	• If you find fiberglass in your home, make sure it's undamaged • Check the product for fiberglass and wear a mask and protective clothing if exposed to them
	Volatile and semi-volatile organic compounds (VOCs and S-VOCs), including formaldehyde	• Irritation of the nose and throat • Shortness of breath • Aggravation of asthma symptoms • Lung and nasopharyngeal cancer	• Good ventilation • Set up a proper exhaust system for volatile organics in new homes or new equipment
<b>Pets in the house</b> • Dog • Cat • Birds	• Allergens • Diseases transmitted by domestic animals	Allergies to pets	• Move pets out of the house • Prevent pets from entering bedrooms or other rooms