

MY HEALTH MY HOME

Explore the house to discover what could be making you ill...



Mould in the bathroom

Mould releases spores and fungal metabolites which are exacerbating agents of respiratory problems, allergic rhinitis and asthma.

Volatile organic compounds (VOCs) can irritate the lungs. Acetaldehyde and benzene, two VOCs washing gives off, are carcinogens. Most of the VOCs can't be traced to any particular ingredient in the detergent.

drying washing inside

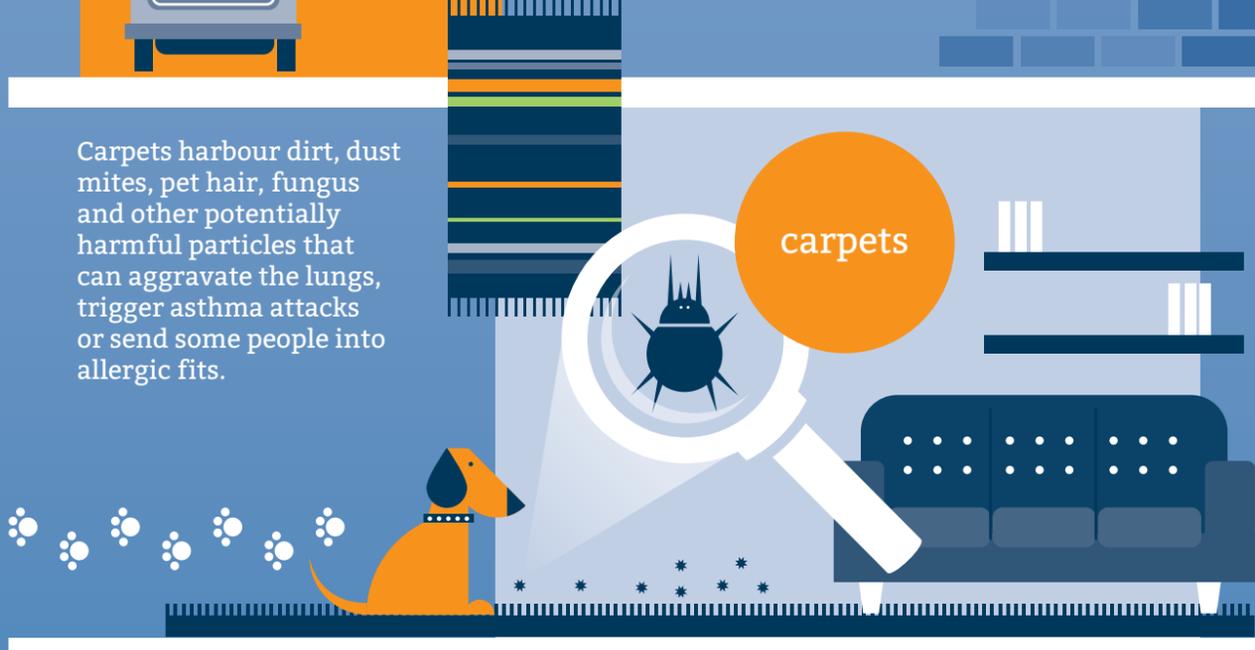


wood burning fireplaces

Particle pollution in smoke can damage lung tissue and lead to serious respiratory problems when breathed in high concentrations.

Carpets harbour dirt, dust mites, pet hair, fungus and other potentially harmful particles that can aggravate the lungs, trigger asthma attacks or send some people into allergic fits.

carpets



Cooking on a gas hob gives off nitrogen dioxide, acrolein, formaldehyde and carbon monoxide. These have been linked to respiratory symptoms and cancer.

cooking with gas



Paints release volatile organic compounds that may have a range of subtle health effects if breathed in over a long period of time.

paints

