



HEATING | AIR CONDITIONING | INDOOR AIR QUALITY

Is that Sniffle from a Cold? Or from Your Indoor Air?

With so much time spent indoors during winter, illnesses common to the season can be easily spread among friends and family. Yet, sometimes it's not another "person" who is the cause of your runny nose, headaches, fatigue and eye irritation. Instead, the culprit may be the pollutants that are building up in the air you breathe.

When indoor air is of poor quality, it can impact your health in ways that mimic other types of respiratory ailments, such as colds or the flu. So during this season where people spend more time indoors, they're not just spreading germs from person to person. With windows and doors tightly closed to keep in warm air, homes are also trapping pollutants inside. And people are breathing in the pollutants that are piling up.

What could be causing all of this bad air? Common sources of indoor pollutants include:

- Building materials, including flooring, carpeting and paint
- Cabinetry or furniture made of pressed wood
- Household cleaning products
- Central heating and cooling systems
- Humidification devices
- Radon
- Air fresheners
- Combustion sources (oil, gas, kerosene, coal and wood)
- Personal care products (hair spray, nail polish, fragrance)
- Materials used for hobbies (glues, epoxy, paint strippers)
- Pesticides

If there's not enough air exchange – meaning indoor air is exchanged for outdoor air on a frequent basis – pollutants build up. In fact, the EPA says that indoor air can be 100 times more polluted than outdoor air.

Need fast answers to help make your home more breathing-friendly? We're just an email or phone call away. [Call Action Air today!](#) We're here for you.

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