



## *Indoor Air Quality*

### *Monterey, California – May 6, 2026*

Today is the third day of Air Quality Awareness Week. The Monterey Bay Air Resources District (MBARD) is committed to safeguarding the health and well-being of our community by addressing the critical issue of indoor air pollution. As we spend a significant portion of our lives indoors, it is essential to understand the sources of indoor air pollution, its health effects, and ways to improve indoor air quality.

#### **Understanding Indoor Air Pollution**

Indoor air pollution arises from various sources, including building materials, household cleaners, biological pollutants like dust mites and pet dander, and combustion products from stoves and fireplaces. Common indoor pollutants include volatile organic compounds (VOCs), carbon monoxide, radon, and mold.

#### **Health Effects of Indoor Air Pollution**

Exposure to indoor air pollution can lead to a range of health issues. Short-term effects include irritation of the eyes, nose, and throat; headaches; dizziness; and fatigue. Long-term exposure can result in more severe conditions such as respiratory diseases, heart disease, cognitive deficits, and cancer. Vulnerable populations, including children, older adults, and individuals with preexisting conditions, are particularly at risk.

#### **Improving Indoor Air Quality**

MBARD recommends several strategies to enhance indoor air quality:

1. **Ventilation:** Ensure proper ventilation by opening windows and using exhaust fans to reduce indoor pollutant levels.
2. **Air Purifiers:** Utilize air purifiers with HEPA filters to capture airborne particles and allergens.
3. **Regular Cleaning:** Maintain cleanliness by vacuuming carpets and rugs, washing bedding, and reducing clutter to minimize dust and dander.
4. **Humidity Control:** Keep indoor humidity levels between 30-50% to prevent mold growth.
5. **Avoid Smoking Indoors:** Prohibit smoking inside the home to eliminate secondhand smoke exposure.
6. **Use Safe Products:** Choose low-VOC paints, cleaners, and furnishings to reduce chemical emissions.

By implementing these measures, residents can significantly improve their indoor air quality and protect their health.

For more information on indoor air pollution and how to improve air quality, please visit EPA's Indoor Air Quality website: <https://www.epa.gov/indoor-air-quality-iaq>.

Photo attached. Please follow us on social media and join us by tagging us and using the hashtags below.

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Richard A. Stedman  
Air Pollution Control Officer