

SHARE THE AIR

The Indoor Environmental Committee* wants to remind everyone to keep the air safe for all.

DID YOU KNOW?

Many commercially-available products contain chemical compounds that can disrupt the endocrine system, triggering asthma and headaches? Please help by limiting your use of scented products in our school environment.



Health Risks of Indoor Air Pollution¹

Irritation of eyes, nose, throat, skin



zzz
headache or migraine

fatigue

shortness of breath

trouble concentrating

hypersensitivity and allergies



sinus congestion

coughing and sneezing

nausea



6.1 million children under 18 suffer from asthma²

51%

of migraine sufferers say it cuts their school productivity in half³

Children who suffer from migraines are absent from school **TWICE** as often as their peers⁴

Indoor Air Contaminants

Perfume • Tobacco • Body Odor • Dust • Gases • Dust Mites • Candles • Air Fresheners • Chlorine Bleach • Cleaning Wipes • Scented Soaps • Aerosol Spray Products • Rug Cleaners • Upholstery Cleaners • Floor and Furniture Polish • Smoke • Ammonia



Do

- Use only school district supplied cleaning agents.

Your school custodian can supply you with a hydrogen peroxide sanitizing spray bottle for general surface cleaning in your classroom or office.



DON'T

- Collect dust in your workspace.

Every additional stack of supplies, piece of upholstered furniture, and area rug provides reservoirs for dust and mites.



AVOID

- Scented products such as plug-ins and spray air fresheners.

The compounds in these products aren't safe for everyone, and you may be masking a smell that indicates the need for a repair.



*The Indoor Environmental Quality (IEQ) Team is a joint-committee of the IEA and ISD. We have created a process through which staff, students, or community members can resolve concerns about health and safety concerns that have not been solved through the regular work order process in a reasonable time frame. For more information, please speak with your IEA representatives or go to the connect intranet » operations department » facilities services » indoor environmental quality.

1. Icons from <https://www.vecteezy.com>
2. American Lung Association lung.org

3. www.migraine.com
4. migraineresearchfoundation.org