WHAT IS THE LIFEINDEXAIR PROJECT?

LIFE Index-Air project aims to develop an innovative and versatile decision support tool for policy makers that will help them identify measures to improve air quality and quantitatively assess their impact on the health and well-being of the population.

The implementation of this tool in 5 European cities – Lisbon, Porto, Athens, Kuopio and Treviso – will show is applicability to:

- CALCULATE THE EXPOSURE OF THE POPULATION TO ATMOSPHERIC POLLUTANTS
- QUANTIFY THE HEALTH IMPACTS RELATED TO THIS EXPOSURE
- ASSESS THE IMPACTS OF POLLUTING SOURCES.
- IDENTIFY ACTIONS TO IMPROVE AIR QUALITY THAT HAVE AN IMPACT ON THE HEALTH AND WELL-BEING OF THE POPULATION

THE IMPORTANCE OF INDOOR AIR QUALITY

Nowadays, in developed countries, people spend about 90% of their time indoors (including home, transportation, work, school, etc).

FOR MORE INFORMATION CONTACT THE LIFE INDEX-AIR PROJECT TEAM

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LIFEINDEXAIR

HOW CAN WE IMPROVE INDOOR AIR QUALITY?

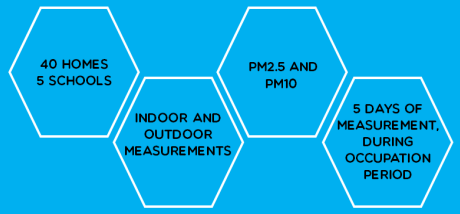
THIS PROJECT IS FUNDED BY EUROPEAN UNION

TÉCNICO LISBOA

universidade de aveiro

NATIONAL INSTITUTE FOR HEALTH AND WELFARE

AIR QUALITY ASSESSMENT IN LISBON



The samplings results in houses and schools can be consulted in:

WWW.LIFEINDEXAIR.NET

PM2.5 and PM10 - Atmospheric Particulate Matter with an aerodynamic diameter smaller than 2.5 and 10μm.

RECOMMENDATIONS TO PROMOTE HEALTHIER INDOOR AIR

AT SCHOOLS...

1 VENTILATION

- An adequate and effective ventilation in classrooms is essential to reduce pollutants concentrations and prevent mold growth.
- Promote the ventilation by opening the windows, especially if the air is stuffy. If weather conditions do not allow, open the windows and the doors before the begining of the classes and during the intervals.
- If natural ventilation is not sufficient, a mechanical ventilation system is required to ensure better indoor air quality.

2 CLEANING

- Cleaning is essential to prevent dust accumulation and the spread of contagious diseases.
- Use cleaning products with low emission of pollutants, prefrably with an eco-label.
- Use a vacuum cleaner or a mop/damp cloth to clean the floor. Do not use brooms to avoid particle resuspension.
- The cleaning of the school should be done at the end of the school day and not at the beginning to allow the dispersion of pollutants from cleaning products.

3 REDUCE/CONTROL POLLUTION SOURCES

- Use environmentally or low-emission materials and products (eg water-based paint).
- In the painting class keep the classroom well ventilated and open the chemicals (paints, glues, varnishes) only when they are used.
- Do not wear street shoes inside classrooms.
- Avoid using chalkboard. Otherwise, clean the chalkboard with a damp cloth in order to avoid high levels of airborne particles.
- Avoid using printers inside classrooms.
- Do not use candles, incense, and air fresheners.
- Ventilate the classroom after the installation of new materials and furniture to avoid exposure to high levels of volatile organic compounds.
- Do not snack in classrooms to avoid the proliferation of microorganisms.
- Identify potential outdoor pollution sources to avoid or minimize the infiltration of pollutants into the classroom.

AT HOMES...

1 VENTILATION

- Open the windows frequently, but not at rush hours.

2 CLEANING

- Keep the house clean in order to reduce dust, animal hair and proliferation of fungi.
- Use cleaning products with low emission of pollutants, preferably with an eco-label.
- Use a vacuum cleaner or a mop/damp cloth to clean the floor. Do not use brooms to avoid particle resuspension.

3 REDUCE/CONTROL POLLUTION SOURCES

- Do not smoke inside the house.
- Have an effective exhaust fan in the kitchen in order to remove to the outside smoke and vapors from the cooking activities.
- Have an exhaust fan in the bathroom to remove moisture and avoid the proliferation of fungi.
- Avoid using candles, diffusers, and incense.
- Reduce the use of rugs and carpets to avoid the accumulation of dust.
- Be allert for the carbon monoxide emissions from the gas stoves and water heaters .
- Pay attention to the building and furniture materials, coatings, and other products that contain and emit pollutants (eg asbestos, paints, and varnishes) and replace them by low-emission ones.
- Do not wear street shoes inside the house.
- Avoid carrying out activities that emit high levels of pollutants inside home.
- In the case of the use of fireplaces, select closed equipment, promote a proper maintenance and choose biomass with a good heat capacity.
- In granite areas, pay attention to the insulation of the house and the existence of cracks in order to avoid contamination with radon. Ventilate the house frequently.
- Clean the shower head frequently to avoid contamination with *legionella*.
- Change air conditioning filters frequently.