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Policy Statement On:

GENERAL STATEMENT ON INDOOR AIR QUALITY

Adopted by MIAQC Board of Directors on February 6, 2003

Reviewed, Updated and Readopted: October 20, 2009

Our society has become increasingly aware of the adverse health and economic costs associated with poor indoor air quality. Levels of indoor pollutants (including radon, lead, asbestos, carbon monoxide, tobacco smoke, volatile organic compounds, biologicals, and air toxics and other contaminants) are often 2-5 times higher--and may be 100 times higher--than outdoor levels. Studies have identified a broad range of adverse health effects and symptoms, from headaches, fatigue, nausea, aggravation of asthma and allergies, transmission of infectious respiratory diseases, to life threatening poisonings. Indoor pollutants are of particular concern because most Americans spend about 90% of their time indoors.

The principles for achieving a healthy and productive indoor environment are simple. The goal is an environment that is:

- Clean
- Dry
- Pollutant and Pest Free
- Comfortable

While the methods to achieve these goals may vary, the primary best practice tools are:

- Prevention or Elimination of Pollutants (source control)
- Proper Ventilation
- Thermal and Humidity Control
- Proper operation and maintenance of the structure by the building owner
- Proper use of the structure by the building occupants

Adherence to these basic principles will significantly reduce the risk of adverse health effects from indoor pollutants. Building owners, operators and occupants should educate themselves on and must work together to implement the basic principles and available best practice guidance.

See also:

- MIAQC Policy Statement on Health Basis for Council Recommendations
- MIAQC Policy Statement on Interdisciplinary Approach to Indoor Air Quality
- MIAQC Policy Statement on Whole Building Approach to Indoor Air Quality
- MIAQC Policy Statement on Source Control

Resources:

National Centers for Healthy Housing, www.nchh.org *The Seven Principles of Healthy Homes*

