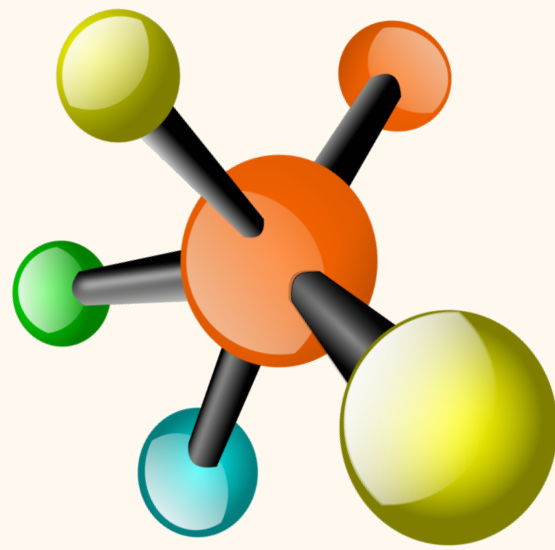


# Volatile Organic Compounds VOCs



VOCs are gases that come from many common products.



Laundry, Cleaning Products



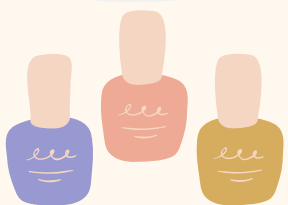
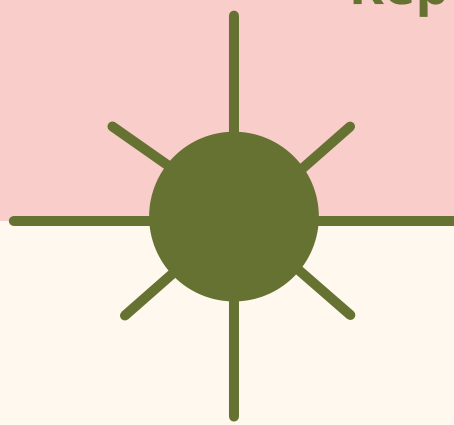
Furniture



Repellent



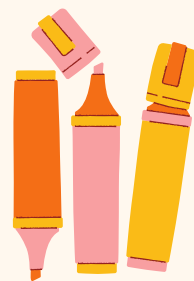
Dry Cleaning



Nail polish, Perfume



Paint, Solvent, Varnish

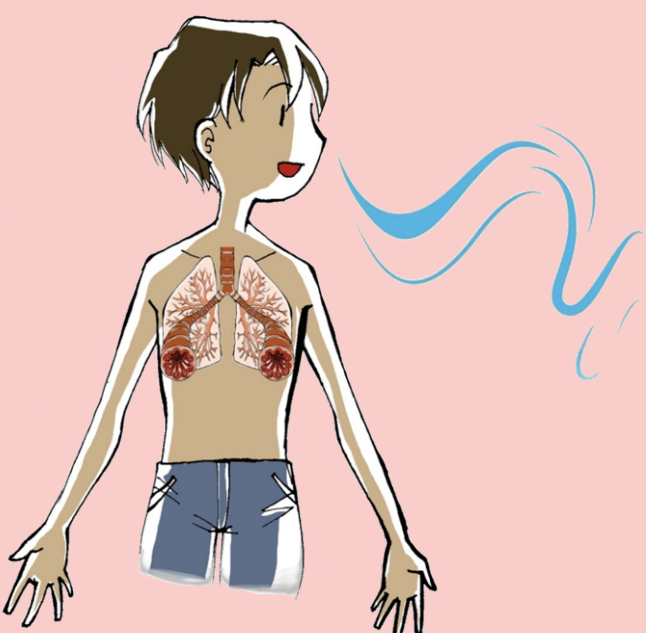


Glues, Markers



Smoke, Candles

Breathing VOCs into the lungs can cause:



Cough and Asthma Attacks



Headache, Dizziness, and Fatigue

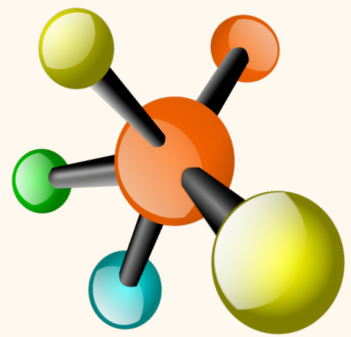


Eye, Nose, and Throat issues



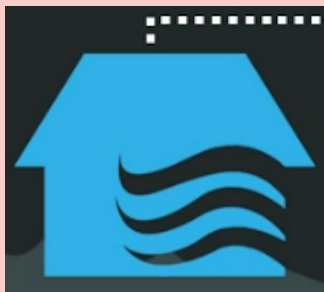
2 kinds of VOCs, Formaldehyde and Benzene, cause cancer

# Minimize VOCs in your space



## VOCs are a concern because:

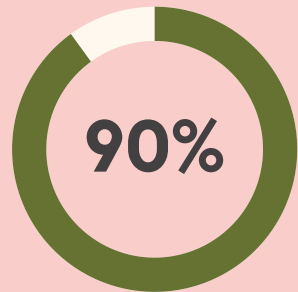
Indoors, VOCs can be 10 times higher than outside



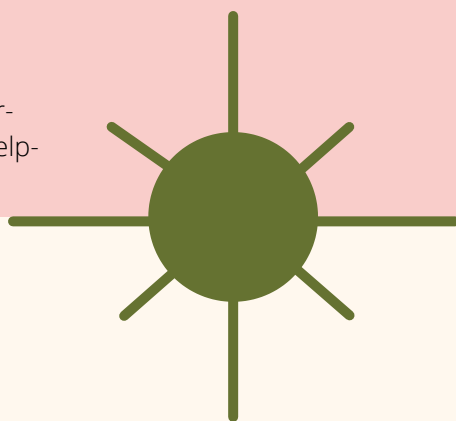
Source: <http://biggreenpurse.com/indoor-air-pollution-solutions-15-affordable-actions-to-help-you-breathe-clean-air/>

and

Americans spend 90% of their time indoors



Source: <https://www.epa.gov/report-environment/indoor-air-quality>



## Reduce VOCs in your space:

Limit the use of products that contain VOCs

No smoking inside



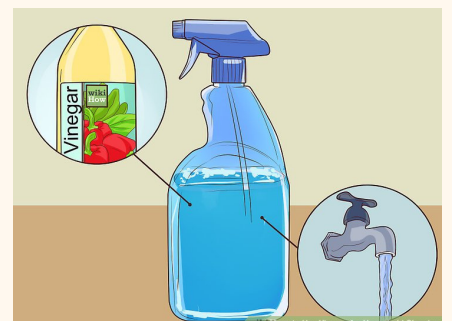
Follow labels and safety information



Buy only what you need, then use it completely



Make and use green cleaners



Clean regularly to decrease dust

