



UNDERSTANDING INDOOR AIR QUALITY (IAQ) POLLUTANTS

Indoor air quality has a direct influence on health and well-being.
Within KHIA, understanding, identifying and reducing indoor air
pollutants is essential to protect the population and to develop effective
educational strategies.

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WHAT TYPES OF POLLUTANTS EXIST?

THE MAIN CATEGORIES OF INDOOR AIR
POLLUTANTS INCLUDE:

◆ **CHEMICAL POLLUTANTS**

- Volatile Organic Compounds (VOCs):
benzene, formaldehyde
- Carbon Monoxide (CO)
- Nitrogen Dioxide (NO₂)

◆ **BIOLOGICAL POLLUTANTS**

- Mould and fungi
- Dust mites and allergens
- Bacteria and viruses

◆ **PHYSICAL POLLUTANTS**

- Particulate matter (PM2.5,
PM10)
- Radon

WHAT IMPACTS DO THEY HAVE?

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Health Effects:

- Eye and respiratory irritation
- Headache, fatigue and dizziness
- Worsening of asthma, allergies and chronic respiratory diseases
- Cardiovascular risk and cancer (due to radon and particulate
matter)
- Impact on cognitive functions

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WHAT DO UNIVERSITY TEACHERS THINK?

Based on a survey results:

Familiarity with the term “Indoor Air Quality”:

- 57% stated they were familiar with the term
- 43% were not familiar

Students’ awareness:

- 57% believed their students knew the term
- 43% thought their students did not know it

Importance of including IAQ in lessons:

- 86% considered it should be integrated into their teaching content

MEASURES FOR IMPROVEMENT AND PREVENTION

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- Ventilation: regularly renewing indoor air with fresh outdoor
air
- Filtration: using HEPA filters in air purifiers
- Disinfection: cleaning with authorised disinfectant products
and ventilating afterwards
- Source control: eliminating or reducing pollutants at their
origin
- Monitoring: continuously measuring indoor air quality with
devices (e.g., MICA environmental monitor)