

Glossary of Selected Contaminants and Health Effects

<u>Contaminant</u>	<u>Health Effect</u>
Carbon Monoxide (CO)	Enters the blood stream and reduces the delivery of oxygen to the bodies organs and tissues.
	Causes fatigue in healthy people
	Causes chest pains at low concentrations
	Hazardous to people with heart or cirulatory problems and people who have damaged lungs or breathing passages.
	Can be fatal
Carbon Dioxide (CO ₂) (Significant indicator of indoor air quality)	Causes stuffiness and amplifies odors.
	Causes drowsiness and fatigue.
	Depletes oxygen.
Particulates (Identified as the most significant indoor contaminant in terms of chronic health impact in residences. The smaller the particulate the greater the health risk)	(PM10) Causes coughing, wheezing and shortness of breath.
	(PM2.5) Aggravates Asthma, deceases lung function.
	Can be toxic heavy metals and cancer causing organic compounds.
	(PM.3) Increases mortality from cardiovascular and respiratory diseases. Ultrafine (UFP)