



## Improving Indoor Air Quality

- Indoor air pollution in schools can come from **many sources**, including, but not limited to: art and science supplies, large amounts of cooking waste, trash, building materials, HVAC system, furniture and carpet emissions. Poor air quality impacts the health of students and staff.
- Air quality affects the development of asthma rates in school-age children, which are now at an all time high. **Asthma is the leading cause of absenteeism among school age students in the US.**
- Students with chronic absence due to asthma are almost **twice as likely** to be diagnosed with a learning disability.
- Poor indoor air quality can cause many different reactions like nausea, congestion, headache, or eye irritation. These symptoms can make classrooms both uncomfortable and unhealthy for students.
- Studies show that **improving ventilation in schools** improves test scores and overall performance.

### For Your Information:

The EPA's *Tools for Schools* Action Kit provides sample policies and technical solutions to effectively manage indoor air quality risks.

Visit their website at:  
[www.epa.gov/iaq/schools/](http://www.epa.gov/iaq/schools/)  
to learn more about how to organize a plan that saves energy and money for the school while also improving health conditions for its students.

## What You Can Do:

- Reach out to other school employees and parents of children with respiratory issues to gather a strong support base and raise awareness for indoor air quality improvement.
- Parents and teachers can work together with the school to create a multi-pronged approach to combat the many sources of poor air quality like ventilation systems, cleaning products, school supplies, mold pesticides, and dust.
- Work with school administration to implement an indoor air quality management plan and identify how this plans effectiveness will be measured (by what factors or metrics).
- Create a volunteer committee to perform follow up evaluations around the school. If possible, create a dialogue with school district officials to implement air quality improvement policies across the district.

