



*Creating
Healthy Indoor
Spaces at
Home, School
and Work for
those with
Allergies &
Asthma*

October 20, 2021

Sponsored by **Sensitive HOME**®

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**OUR
SPEAKERS**



Dr. Jackie Eghrari-Sabet
Telehealth Medical Director
Allergy & Asthma Network



Wesley Stewart
Esq.
Green & Healthy Homes
Initiative

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OUR SPEAKERS



Dr. Greg van Buskirk,
Ph.D
Sensitive Home

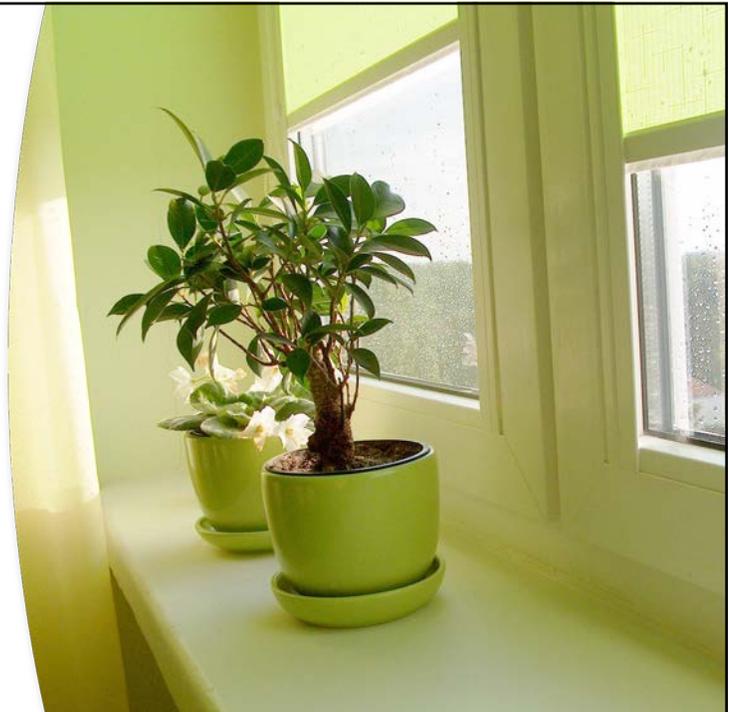


Dr. Hope Mitchell
MD, FAAD
Board Certified Dermatologist

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Program OUTLINE

- Indoor Allergens & Air Quality
- 8 Elements of a Green & Healthy Home
- Creating clean + healthy spaces at home, school + work



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Indoor Allergens & Air Quality



Dr. Jackie Eghrari-Sabet

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We take 25,000 breaths a day!

And our children?

**4-6x that of an average adult,
often close to the ground
where pollutants in air tend
to concentrate.**



Source: [Green Cleaning, Sanitizing, and Disinfection Toolkit for Early Care and Education](#) was developed by the University of California, San Francisco School of Nursing's Institute for Health & Aging, University of California, Berkeley's Center for Environmental Research and Children's Health, and Informa Green Solutions, with support from the California Department of Pesticide Regulation

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90% of these breaths are taken indoors at places like home, school + work...

...where levels of air pollutants are often 2-5x, and at times even 100x, higher than outdoor levels.

Source: [The Inside Story: A Guide to Indoor Air Quality](#) | Indoor Air Quality (IAQ) | US EPA

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Indoor Allergens

Mold Allergy

- Molds are microscopic organisms called fungi, found virtually everywhere, indoors and out.
- Molds reproduce through spores spread by water, insects or air, so tiny and lightweight they can float through the air like pollen.
- These spores can be inhaled and cause allergic symptoms.

Symptoms:

- Nasal and sinus congestion
- Sore Throat
- Sneezing
- Watery or burning eyes
- Dry cough
- Shortness of breath
- Irritation of the nose, throat, or skin

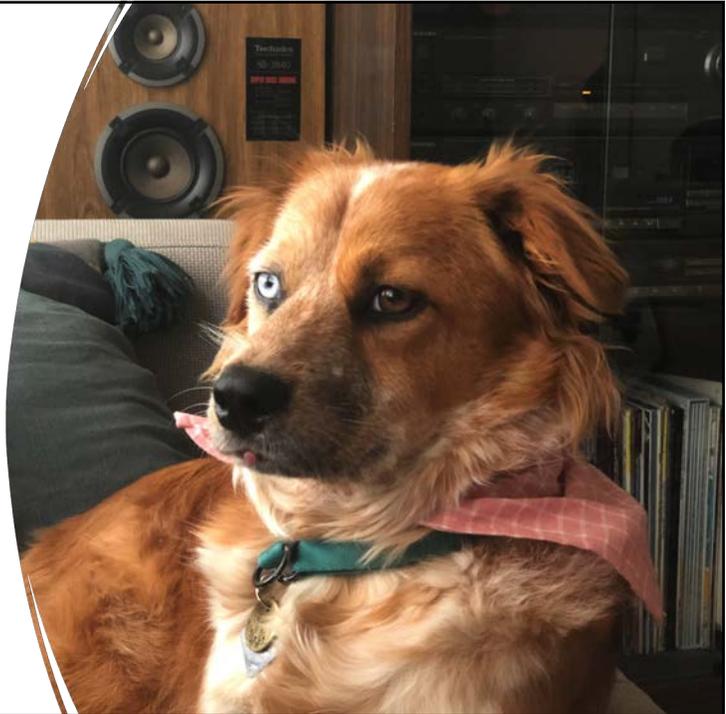
Mold spores are especially dangerous for people with asthma and may trigger asthma attacks- but the exact reason is not known

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Indoor Allergens

Pet Allergies

- Allergic reactions to cats, dogs and other furry animals are caused by proteins found in flecks of the pets' skin, called dander, as well as in their saliva and urine.
- You are really not allergic to the fur of your pet. You are allergic to pet dander.



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Indoor Allergens

Dust Mite Allergies



- Dust mites are tiny insects that live in mattresses, pillows, upholstered furniture. They look for moisture along with their favorite food, tiny bits of shed human skin.
- Allergens from dust mite droppings and dead bodies collect in bedding, furnishings and dust, then irritate airways and eyes on contact.

Cockroach & Mice Allergies



- Cockroaches and mice are mostly nocturnal, scavenging at night for food and water – and leaving behind trails of allergens that cause symptoms on contact or when inhaled.
- Allergen levels are usually highest on kitchen cabinets and floors, while moisture-laden bathrooms are secondary areas.
- Poorly contained food and garbage in kitchens is a well-known risk factor.

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What Can We Do To Reduce Indoor Allergens?

Mold – Test for mold,
reduce humidity,
increase ventilation

Pets – Vacuum, Best =
Remove pet from
home, Better = Remove
pet from bedroom

Dust Mites - Cover
pillows & mattresses in
plastic, air filter in
home

Cockroaches /Mice –
Keep food stored in
tight containers, call an
exterminator if needed

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Indoor Air Quality



The air quality in public and private buildings is an important factor to your health.



Ensuring good air quality in the indoor spaces that you live, work and play can improve your health as well as your quality of life.



Many people spend the bulk of their day indoors, so it is important to have healthy indoor air quality and to improve indoor air quality.



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How does indoor air quality affect our health?

- Poor indoor air quality can be related to health problems. These can range from mild respiratory issues to more extreme symptoms. Other symptoms that poor air quality can lead to include:
 - eye, nose and sinus irritation
 - headaches
 - fatigue
 - dizziness
- Poor indoor air quality influences the risk of respiratory illnesses, allergy and asthma symptoms, and viruses that can be spread through the air. It can also further irritate existing health conditions and worsen symptoms.

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What is indoor air pollution?

- Indoor air pollution is when the indoor air quality is poor.
- Could be caused by:
 - High levels of toxins or chemicals
 - Poor air flow or ventilation
 - Humidity levels or
 - Indoor temperature
- The conditions inside and outside of the building affect the air.
- Construction quality, heating, ventilation and air conditioning (HVAC) systems, and spatial layout can factor into air quality and pollution.



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Common Indoor Air Pollutants

Pollutants

- Household cleaning products, Mold, Tobacco Smoke

Fumes

- Oil, Gas, Coal, Wood, Paint

Gases

- Carbon monoxide, carbon dioxide, nitrogen dioxide, ammonia

Deteriorating materials

- Insulation, asbestos, chemical coatings on furniture

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Improving Indoor Air Quality

- Indoor air quality can be improved by using air filters in your HVAC systems.
 - Air filters help ensure HVAC systems are functioning at their best levels. The filters trap and block harmful particles from entering your indoor space.
 - If outdoor air quality is poor, recirculation modes can be used. They reduce the intake of outdoor air, preventing outdoor pollutants from entering.
 - Additionally, an air purifier or air cleaner can help clear less serious pollutants.

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Improving Indoor Air Quality Naturally

- You can open doors and windows to provide natural ventilation. You can remove chemicals and hazardous pollutants.
- Additionally, you can use more natural cleaning products to improve indoor air quality.
- Clean your indoor space often by vacuuming or mopping to remove less hazardous pollutants.

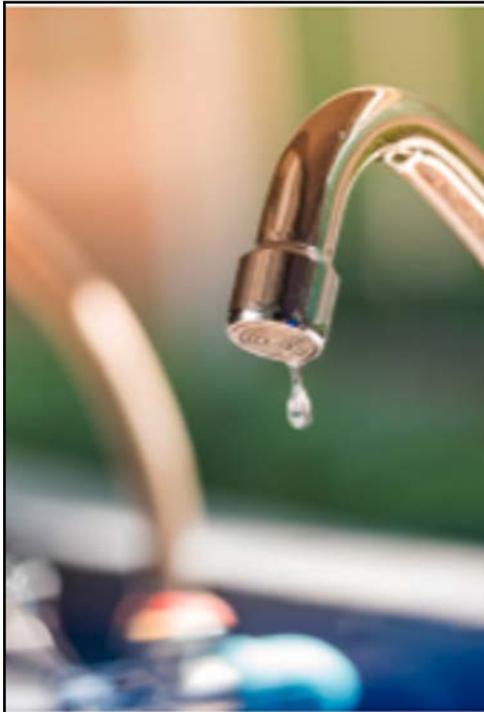
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8 Elements of a Green & Healthy Home



Wes Stewart

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8 Elements of a GREEN & HEALTHY HOME

DRY

- Prevent water from entering your home through leaks in roofing systems
- Prevent rainwater from entering the home due to poor drainage around the outside of the home
- Check your interior plumbing for any leaking

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8 Elements of a GREEN & HEALTHY HOME

CLEAN

- Control the source of dust and contaminants
- Create smooth and cleanable surfaces
- Reduce clutter
- Use effective wet-cleaning



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8 Elements of a GREEN & HEALTHY HOME

SAFE

- Store and properly label
- Keep poisons out of the reach of children
- Secure loose rugs and keep children's play areas free from hard or sharp surfaces
- Install smoke and carbon monoxide detectors and keep fire extinguishers on hand

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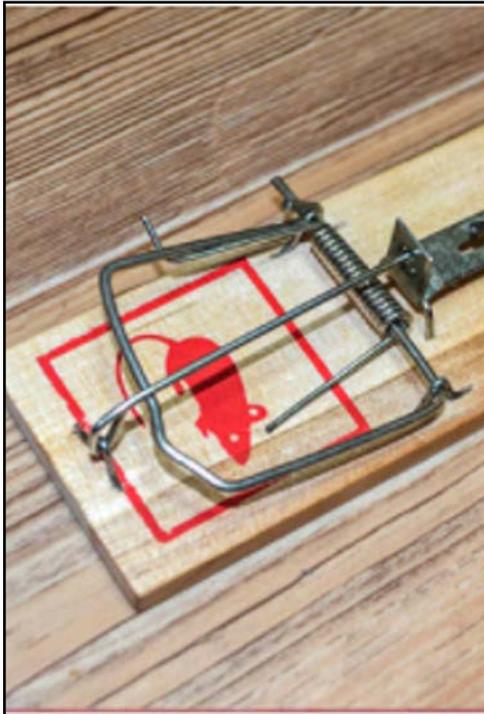
8 Elements of a GREEN & HEALTHY HOME

WELL-VENTILATED

- Ventilate bathrooms and kitchens
- Use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home



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8 Elements of a GREEN & HEALTHY HOME

PEST FREE

- If needed, use sticky-traps and baits in closed containers
- Seal cracks and openings throughout the home so pests can't get in
- Store food in pest-resistant containers

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8 Elements of a GREEN & HEALTHY HOME

CONTAMINANT FREE

- Ventilate bathrooms and kitchens
- Use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home



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8 Elements of a GREEN & HEALTHY HOME

WELL-MAINTAINED

- Inspect, clean and repair your home routinely
- Take care of minor repairs and problems before they become large

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8 Elements of a GREEN & HEALTHY HOME

ENERGY EFFICIENT

- Use reduced amounts of energy, water, and resource consumption
- Energy efficiency/weatherization includes: Install proper weatherization, such as: insulation, air-sealing, weather-stripping, and window efficiency
- Maintain efficient heating and cooling system; proper air flow and temperature distribution; efficient hot water / steam boiler system



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Creating clean + healthy spaces at home, school + work



Dr. Greg van Buskirk & Dr. Hope Mitchell

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SCIENTIFICALLY-PROVEN HEALTH IMPACTS FROM CLEANING PRODUCTS

1 IN 7 CASES OF ADULT ASTHMA could be attributed to common cleaning spray use

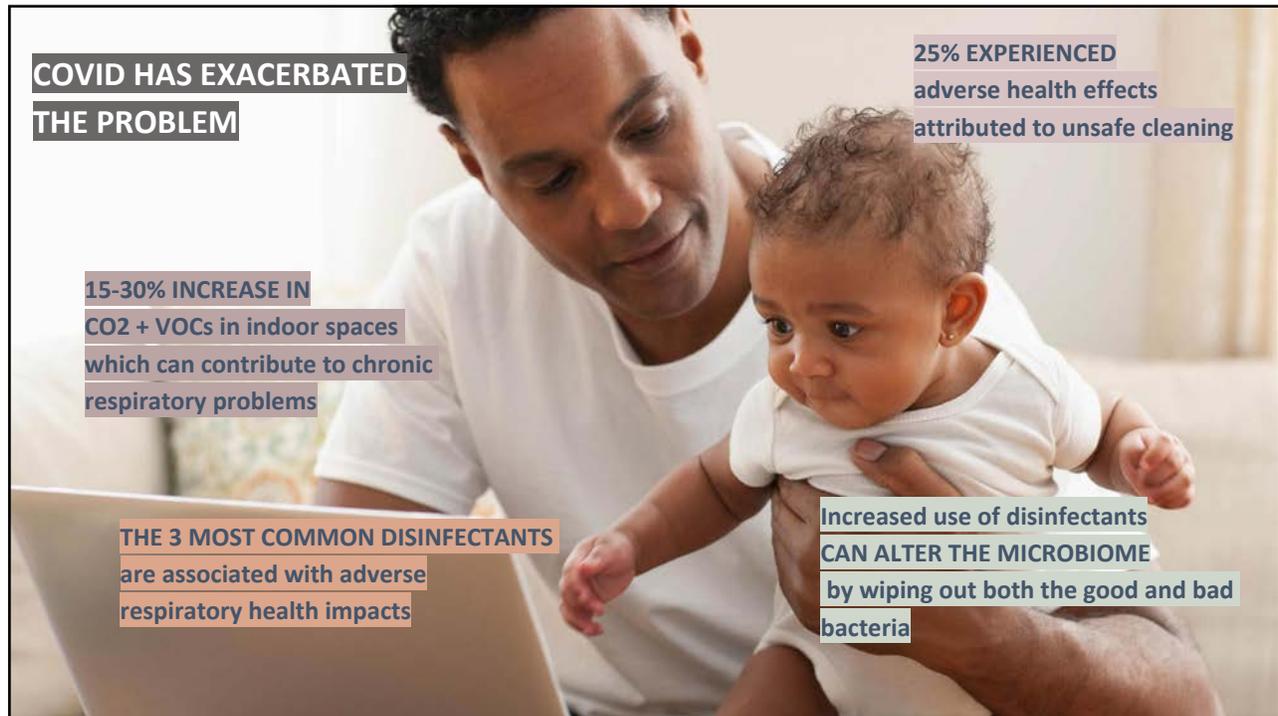
Children of women who frequently used cleaning supplies while pregnant had a higher risk of PERSISTENT WHEEZING AND REDUCED LUNG FUNCTION

5% OF CHILDHOOD CANCER and 30% OF CHILDHOOD ASTHMA are related to chemical exposure

80% OF CONTACT DERMATITIS is a result of an irritant reaction from cleaning products



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Cleaning

- Should be a routine process
- Reduces dirt, irritants, food, germs and allergens by removing them from surfaces
- Works by using soap or detergent + water to physically remove germs.
- Lowers the risk of spreading infection.
- Clean before sanitizing and disinfecting



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Sanitizing

- Important for health and hygiene, particularly on communal surfaces
- Reduces but doesn't kill bacteria + viruses to meet public health standards
- Works on hard non-porous surfaces
- Particularly important in food preparation areas
- Does not necessarily clean dirty surfaces or remove germs
- Requires a clean surface to be effective



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Disinfecting

- Stronger than sanitizers.
- Uses chemicals to kill 99.999% of viruses, bacteria, or other microorganisms only on hard, non-porous surfaces.
- Does not necessarily clean dirty surfaces or remove germs
- Requires a clean surface to be effective
- Usually needs to be left on the surface for a certain period of time to kill the germs
- Is temporary. Germs can grow again.
- Product requires EPA approval



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Even “green” cleaners” have harsh chemicals



	100% Biobased	Harsh Chemicals	EWG Brand Rating	Negative People Health Impact
	<ul style="list-style-type: none"> Yes, cleaning sprays 96%+ dish & laundry 	<ul style="list-style-type: none"> None 		
	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> Methylisothiazolinone Benzisothiazolinone Sodium laureth sulfate 	 average	<ul style="list-style-type: none"> High Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/damage Moderate Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/ damage, developmental/endocrine/reproductive effects, biodegradation Contains 1,4-dioxane, known human carcinogen
	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> Methylisothiazolinone Benzisothiazolinone 	Not submitted for rating	<ul style="list-style-type: none"> High Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/damage Moderate Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/ damage, developmental/endocrine/reproductive effects, biodegradation
	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> Methylisothiazolinone Benzisothiazolinone Methylchloroisothiazolinone 	 average	<ul style="list-style-type: none"> High Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/ damage Moderate Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/ damage, developmental/endocrine/reproductive effects, biodegradation High Concern: acute aquatic toxicity; Some Concern: skin sensitizer/contact allergies/mutagenic
	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> Methylisothiazolinone Benzisothiazolinone 	Not submitted for rating	<ul style="list-style-type: none"> High Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/ damage Moderate Concern: acute aquatic toxicity; Some Concern: skin irritation/allergies/ damage, developmental/endocrine/reproductive effects, biodegradation

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Eliminating triggers in your cleaners

- Look for accreditations from organizations like:



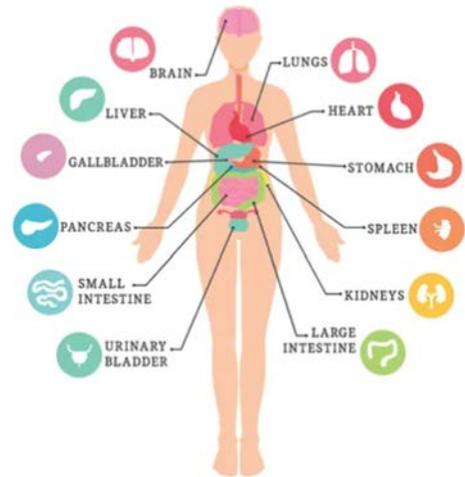
- Choose fragrance free
- No signal word “Danger” or “Warning” on the label
- Dye Free
- No VOCs
- None of these common preservatives:
 - Methylisothiazolinone (EWG rating: D)
 - Benzisothiazolinone (EWG rating: C)



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“We are a system”

- A group of individual organs that work together for the good of the person
- All parts do different activities to keep the body functioning properly
- Pay attention to your body
- Genetic vs environmental components



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**TIME FOR
QUESTIONS**



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Join us for our next
webinar

Food Allergy or Food Intolerance?

October 28th – 4:00 PM ET

Register at

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