

REDUCING IN-HOME VOC EXPOSURE

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Interventions to Help Reduce Indoor VOC Exposure and Related Health Risks

Good Ideas

Follow Manufacturers' Labels for Proper Use

Products containing VOCs often include product warning labels that will indicate the proper usage of the product. Following these warnings will help reduce VOC exposure.



Select Zero or Low VOC-Containing Products

Zero or low VOC paints, varnishes, sealants, caulks, and adhesives should be used when possible to reduce VOC exposure during use and storage.



Properly Store VOC-Containing Products

Follow storage instructions on the manufacturers' label to reduce the risk of VOC exposure. Keep lids on tightly, and if possible, store products in an area with proper ventilation or an outdoor shed.



Use Proper Ventilation when Using VOC-Containing Products

Increase ventilation by opening windows and doors or using ceiling or exhaust fans. Proper ventilation is especially important after bringing new VOC sources into the home, such as new carpets, furniture, or drapes.

Minimize Use of VOC-Containing Products and Activities that Produce VOCs

This includes the use of cleaning products, scented products such as scented candles, and air fresheners as well as activities such as frying foods.



Ventilate and Avoid Area During Installation

During the installation of new carpets and flooring, ventilate the area as much as possible and continue to ventilate for several days. If possible, leave the area during the installation.



Don't Do It

Do Not Allow Smoking Indoors

Cigarette smoke contains many pollutants, including VOCs, and both secondhand and thirdhand exposure can increase VOC-related health risks.



Avoid Bringing Recently Dry-Cleaned Clothes Indoors

This is particularly important if the clothes have a strong smell. Leave the clothing at the shop or remove from the plastic wrapping and keep in a well-ventilated area until dry and odor-free.



Don't Keep Old or Unnecessary VOC-Containing Products

Having fewer VOC-containing products will help reduce potential exposure risk, especially if those products are old. Older containers may not seal properly and could allow VOCs to escape into the indoor air.