**Illnesses Related to Poor Indoor Air Quality**

There are two classes of illness that can result from indoor air quality problems in a building. One class is a generalized illness called sick building syndrome. Individuals affected by sick building syndrome can have a variety of symptoms. They may feel irritation and dryness in their eyes, nose and throat. They might have sneezing, a stuffy nose or a runny nose. They might suffer from headaches, dizziness, nausea, irritability and forgetfulness. They might feel fatigued and just not care much about anything. It’s a set of symptoms that’s really hard to diagnose.

Other types of illness caused by indoor air pollution are those specifically related to a particular contaminant in the building. Examples are asthma – which can be chemically induced or caused by mold – humidifier fever, respiratory allergies, and carbon monoxide poisoning. Because these illnesses are caused by specific contaminants, they are much easier to diagnose.

Not everyone will react the same to indoor air pollution: some people are more sensitive than others, and some become ill more quickly than others. So even if no one seems sick, you still want to ensure that the building’s air is healthy.