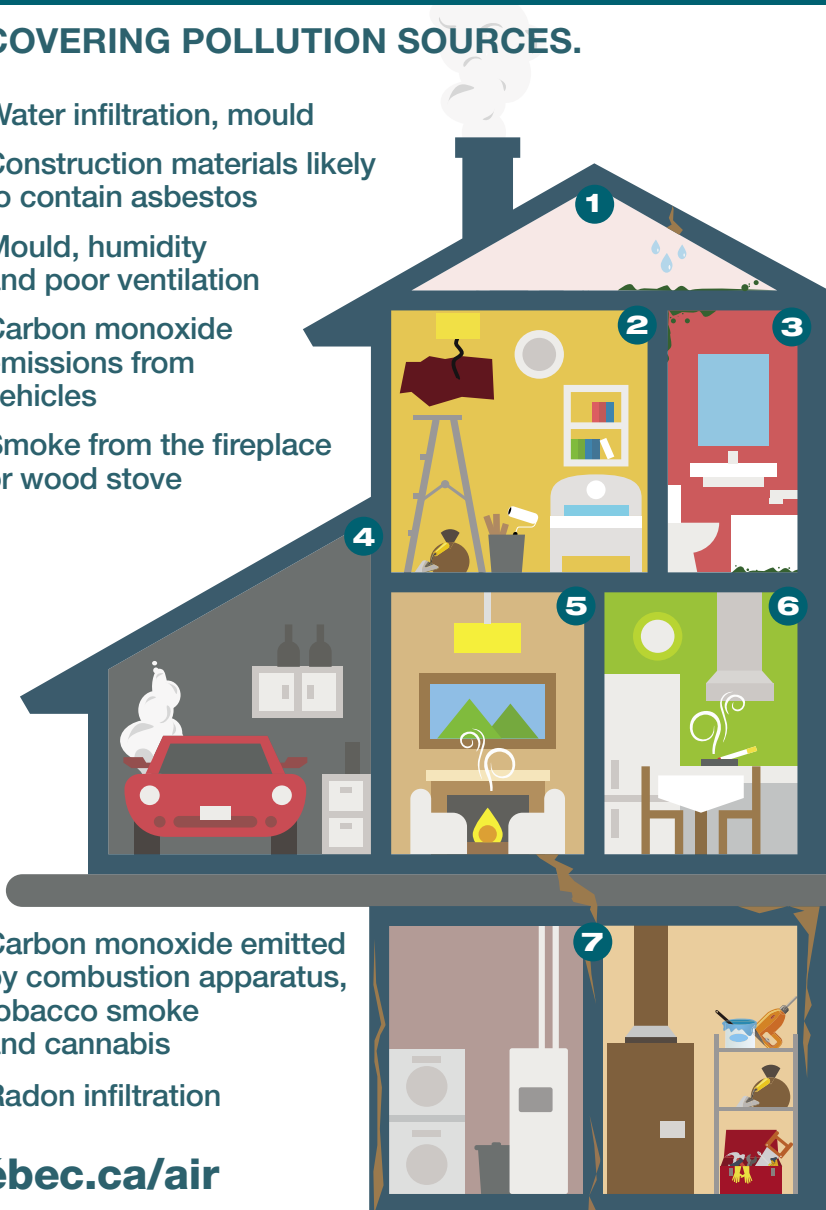


QUALITY AIR AT HOME!

DISCOVERING POLLUTION SOURCES.

- 1 Water infiltration, mould
- 2 Construction materials likely to contain asbestos
- 3 Mould, humidity and poor ventilation
- 4 Carbon monoxide emissions from vehicles
- 5 Smoke from the fireplace or wood stove



- 6 Carbon monoxide emitted by combustion apparatus, tobacco smoke and cannabis
- 7 Radon infiltration

[Québec.ca/air](https://quebec.ca/air)

CHOOSING THE RIGHT STEP

TO IMPROVE INDOOR AIR QUALITY!

- 1 Locate and repair water infiltration
- 2 Check for asbestos-containing materials during home improvement

- 3 Ventilate the rooms
- Locate and repair water infiltration

- 4 Don't leave a vehicle running in a garage
- Install a carbon monoxide detector in the room next to the garage

- 5 Reduce your use of fireplaces and wood stoves
- Install a carbon monoxide detector

- 6 Avoid smoking indoors

- Check that the combustion apparatus is working properly
- Install a carbon monoxide detector

- 7 Measure radon concentration with a dosimeter

