

## 較常見的室內空氣污染物

燃燒時產生的氣體  
一氧化碳，二氧化氮等

揮發性有機化合物

化學污染物  
例如滅蟲劑

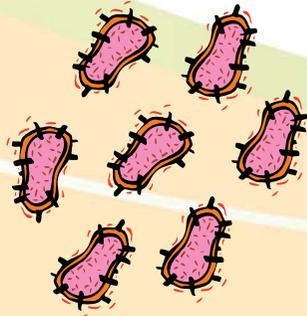
氫氣

二手煙

甲醛

空氣中的粒子

生物污染物  
如霉菌，細菌



## 改善住宅樓宇 室內空氣質素的方法

- 盡量保持室內空氣流通。
- 為家人健康著想，停止吸煙。
- 清理漏水事宜及找出並立即清除已發霉之物料，以防止霉菌的滋生。
- 保持家居環境清潔，此外冷氣機之隔塵網亦要定期清洗，以防積塵。
- 在可行的情況下，盡量選購和採用不含揮發性有機化合物的裝修物料，個人護理及清潔用品。
- 裝修工程和防蟲工作應安排在樓宇沒有人使用的時段進行。事後亦要注意通風，以減低揮發性有機化合物的積存。
- 盡量避免使用空氣清新劑或燒點香燭等會釋放室內空氣污染物的物品。
- 向環境保護署報告室外空氣污染的源頭。



Indoor Air Quality  
Information Centre  
室內空氣質素資訊中心



環境保護署  
ENVIRONMENTAL  
PROTECTION DEPARTMENT

## 住宅樓宇常見的 室內空氣污染物及 有關緩解措施

## Common Indoor Air Pollutants in Residential Buildings and Mitigation Measures



# Common Indoor Air Pollutants

## Combustion gases

carbon monoxide,  
nitrogen dioxide, etc.

## Volatile organic compounds (VOCs)

## Chemical pollutants

e.g. pesticides

## Radon

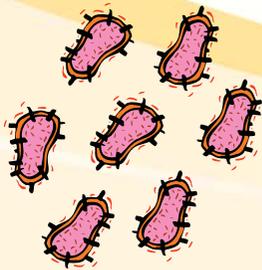
## Environmental tobacco smoke

## Formaldehyde

## Airborne particulates

## Biological contaminants

e.g. Mould, Bacteria



# Tips for Improving Indoor Air Quality in Residential Buildings

- Ensure adequate ventilation.
- For the health of the family, quit smoking.
- Clean up water spills and remove mouldy materials immediately to minimize mould growth.
- Maintain good housekeeping and clean up filters of air-conditioners to prevent build-up of dust.
- If possible, select and use VOC-free furnishing materials, personal care and cleansing products. Schedule decoration work and pest control activity for unoccupied hours. Make sure the area is well-ventilated afterwards to avoid the accumulation of VOCs.
- Avoid pollutant causing processes such as burning of incense sticks and using of air fresheners.
- Report air pollution nuisance from outside sources to the Environmental Protection Department.

For more information, please contact:  
如想得到更多資料，請聯絡：



**Indoor Air Quality  
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