

Indoor Air Quality(IAQ) for you and me 室內空氣質素知多啲



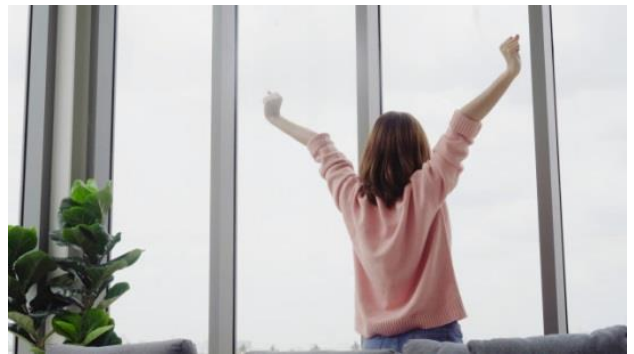
Importance of Indoor Air Quality(IAQ)

室內空氣質素的重要性



People spend most of their time at homes, offices and other indoor environment. Good IAQ is important to safeguarding the health of the building occupants and contributes to their comfort and well-being.

人們大部分時間都處於家中、辦公室和其他室內環境內，良好的室內空氣質素可以保障樓宇佔用人的健康，從而令他們感到更舒適和保持良好健康。



Common Indoor Air Pollutants

常見的室內空氣污染物



Sources of Indoor Air Pollutants

室內空氣污染物源頭



Home 住宅

Poor housekeeping or poor ventilation
家居管理欠佳或空氣欠流通

Burning of fuels in gas stoves and ovens
氣體煮食爐和焗爐

Dry-cleaned clothing 乾洗後的衣服

Smoking 吸煙

Damp environment causing mould growth
潮濕的環境助長霉菌生長

Renovation work 翻新工程



Office/Public Places 辦公室/公共地方

Chemical pollutants such as ozone from photocopiers
化學污染物如影印機產生的臭氧

Airborne particles, caused by activities in buildings, like sanding wood, printing, copying, operating equipment, and smoking

懸浮粒子，由樓宇內的某些活動而產生，例如磨木、印刷文件、操作設備及吸煙等

Biological contaminants, may due to excessive level of bacteria, viruses, and mould growth, inadequate maintenance, water problems, or brought into the building by occupants, infiltration, or through the fresh air intake

生物污染物，原因可能包括過量的細菌、過濾性病毒及霉菌生長、樓宇維修保養欠妥、水患問題、或由進入樓宇內的人士帶入，或經樓宇滲入或從鮮風口抽入室內等



Improve Indoor Air Quality(IAQ)

改善室內空氣污染質素





Open the windows often to increase ventilation.
If air-conditioners are used, maintain good ventilation with sufficient fresh air supply
經常打開窗戶，增加室內空氣流通，當使用冷氣機時，應保持室內空氣流通，以確保有足夠新鮮空氣



Clean the ventilation system including air filter and ducting regularly, and maintain the system in good working condition at all times
定期清洗通風系統，包括隔塵網和風槽，及確保系統操作正常



Quit smoking at home and establish a "non-smoking" policy.
在家裡不要吸煙，並制定「禁煙」政策



Avoid unnecessary partitioning of the premises
避免不必要的處所間隔



Carry out renovation and pest control work during unoccupied times
在處所空置的時段才進行裝修工程及滅蟲工作





室內空氣質素資訊中心

INDOOR AIR QUALITY INFORMATION CENTRE



Please scan the QR code
for further details

歡迎掃瞄QR碼以瀏覽更
多資訊



www.iaq.gov.hk

