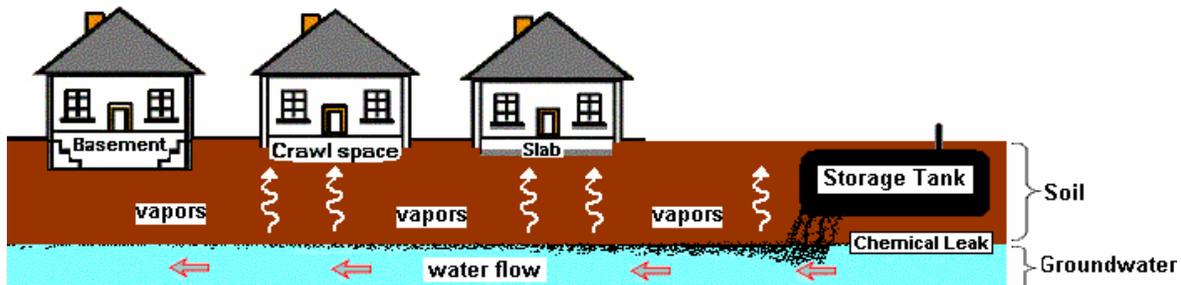


Vapor Intrusion

Answers to Frequently Asked Health Questions



What is vapor intrusion?

Vapor intrusion refers to the vapors produced by a chemical spill/leak that make their way into indoor air. When chemicals are spilled on the ground or leak from an underground storage tank, they will seep into the soils and will sometimes make their way into the groundwater (underground drinking water). There are a group of chemicals called volatile organic compounds (VOCs) that easily produce vapors. These vapors can travel through soils, especially if the soils are sandy and loose or have a lot of cracks (fissures). These vapors can then enter a home through cracks in the foundation or into a basement with a dirt floor or concrete slab.

VOCs and vapors:

VOCs can be found in petroleum products such as gasoline or diesel fuels, in solvents used for industrial cleaning and are also used in dry cleaning. If there is a large spill or leak resulting in soil or groundwater contamination, vapor intrusion may be possible and should be considered a potential public health concern that may require further investigation.

Although large spills or leaks are a public health concern, other sources of VOCs are found in everyday household products and are a more common source of poor indoor

air quality. Common products such as paint, paint strippers and thinners, hobby supplies (glues), solvents, stored fuels (gasoline or home heating fuel), aerosol sprays, new carpeting or furniture, cigarette smoke, moth balls, air fresheners and dry-cleaned clothing all contain VOCs.

Can you get sick from vapor intrusion?

You can get sick from breathing harmful chemical vapors. But getting sick will depend on:

- How much you were exposed to (dose)
- How long you were exposed (duration).
- How often you were exposed (frequency).
- General Health, Age, Lifestyle

Young children, the elderly and people with chronic (on-going) health problems are more at risk to chemical exposures.

VOC vapors at high levels can cause a strong petroleum or solvent odor and some persons may experience eye and respiratory irritation, headache and/or nausea (upset stomach). These symptoms are usually temporary and go away when the person is moved to fresh air.

Lower levels of vapors may go unnoticed and a person may feel no health effects. A few

individual VOCs are known carcinogens (cause cancer). Health officials are concerned with low-level chemical exposures that happen over many years and may raise a person's lifetime risk for developing cancer.

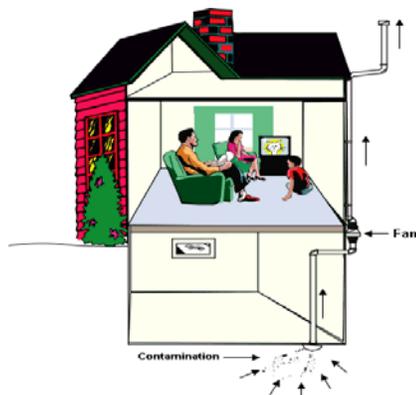
Because a variety of VOC sources are present in most homes, testing will not necessarily confirm VOCs in the indoor air are from VOC contamination in soils at nearby spill site. But if additional sampling is recommended, samples may be taken from beneath the home's foundation (called sub-slab samples), to see if vapors have reached the home. Sub-slab samples are more reliable than indoor air samples and are not as affected by other indoor chemical sources. If there was a need for additional sampling on a private property, homeowners would be contacted by the cleanup contractor or others working on the cleanup site and their cooperation and consent would be requested before any testing/sampling would be done.

What happens if a vapor intrusion problem is found?

If vapor intrusion is having an effect on the air in your home, the most common solution is to install a *radon mitigation system*. A radon mitigation system will prevent gases in the soil from entering the home. A low amount of suction is applied below the foundation and the vapors are vented to the outside. The system uses minimal electricity and should not noticeably affect heating and cooling efficiency. This

mitigation system also prevents radon from entering the home, an added health benefit. Usually, the party responsible for cleaning up the contamination is also responsible for paying for the installation of this system. Once the contamination is cleaned up, the system should no longer be needed. In

Radon Mitigation system



homes with ongoing radon problems, ODH suggests these systems remain in place permanently.

What can you do to improve your indoor air quality?

As stated before, the most likely source of VOCs in indoor air comes from the common items that are found in most homes. The following helpful hints will help improve air quality inside your home:

- Do not buy more chemicals than you need and know what products contain VOCs.
- If you have a garage or an out building such as a shed, place the properly stored VOC- containing chemicals outside and away from your family living areas.
- Immediately clean and ventilate any VOC spill area.
- If you smoke, go outside and/or open the windows to ventilate the second-hand, VOC- containing smoke outdoors.
- Make sure all your major appliances and fireplace(s) are in good condition and not leaking harmful VOC vapors. Fix all appliance and fireplace leaks promptly, as well as other leaks that cause moisture problems that encourage mold growth.
- Most VOCs are a fire hazard. Make sure these chemicals are stored in appropriate containers and in a well-ventilated location and away from an open pilot light (flame) of a gas water heater or furnace.
- Fresh air will help prevent both buildup of chemical vapors in the air and mold growth. Occasionally open the windows and doors and ventilate.
- Test your home for radon and, if levels are elevated, install a radon mitigation system.

References:

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New York State Department of Health, Center for Environmental Health, April 2003.

Ohio Department of Health, Bureau of
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Program, 2004.

Where Can I Get More Information?

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Bureau of Environmental Health and
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Radiological Health and Safety Section
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This fact sheet was developed in
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