常見的公眾場所室內空氣污染物 COMMON INDOOR AIR POLLUTANTS IN PUBLIC PLACES

The following indoor air pollutants are common in public places, e.g. restaurant, lounge, cinema, shopping mall, etc.: 在公眾場所如酒樓、酒廊、戲院和商場,常見的室內空氣污染物包括:



Environmental tobacco smoke

· from smoking

二手煙

• 由吸煙引致



Carbon dioxide

 due to high occupancy and/or inadequate ventilation

二氧化碳 • 因使用人數過高或通 風不足所引致



Volatile organic compounds

 from paints, cleaning agents and redecoration work

揮發性有機化合物

從油漆、清潔劑或一般裝修工程所產生



Formaldehyde

 from pressed-wood products made with urea-formaldehyde resins

甲醛

來自含有脲甲醛樹脂 成份的壓製木物品



Radon

 from concrete made with granite

氣 來自含花崗岩的混凝



Particulates

 from smoking and defective air filter

微粒

• 來自吸煙或使用失效 空氣過濾器



Biological contaminants

 due to mouldy ceiling tiles and carpet, dirty air filter and ducting

生物污染物

• 來自發霉天花物料、地毯和不潔的空氣過 濾器及排氣管道



Carbon monoxide and Nitrogen dioxide

from gas cooking

一氧化碳和二氧化碳

• 來自明火煮食







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一般常見的室內空氣污染物 COMMON INDOOR AIR POLLUTANTS

Indoor Air Pollutants 室內空氣污染物	Sources 來源		Potential Health Effects 潛在的健康影響
Carbon dioxide 二氧化碳	Exhalation / breathing Smoking Combustion sources	人的呼吸吸煙燃燒源頭	Causes headaches, dizziness and nausea at high concentration. 高濃度時可引致頭痛,暈眩及噁心。
Carbon monoxide 一氧化碳	Combustion sources like cooking stoves Smoking Intake of this pollutant from outdoor sources, e.g. vehicle emissions	燃燒源頭,如煮食爐灶吸煙從室外引入的污染物,如汽車廢氣	A toxic chemical. Causes headaches, decreased alertness, flu-like symptoms, nausea, fatigue, rapid breathing, chest pain, confusion, impaired judgement and even death at high concentration. 有毒化學物。高濃度時能引致頭痛、降低警覺性、出現感冒病徵、量眩、疲倦、氣喘、胸痛、頭腦不清、失去判斷力,甚致死亡。
Respirable suspended particulates 可吸入懸浮粒子	Smoking Combustion sources such as cooking stoves Photocopying machine Intake of this pollutant from outdoor sources	吸煙燃燒源頭,如煮食爐灶影印機從室外引入的污染物	Causes allergic reactions, e.g. dry eyes, nose, throat and skin irritation, coughing, sneezing, and respiratory difficulties. 引致敏感反應,如眼乾、鼻、喉及皮膚不適、咳嗽、打噴嚏及呼叫困難。
Nitrogen dioxide 二氧化氮	Combustion sources such as cooking stoves Smoking Intake of this pollutant from outdoor sources	燃燒源頭,如煮食爐灶吸煙從室外引入的污染物	An eye and respiratory irriant. 引致眼及呼吸管道不適。
Ozone 臭氧	Photocopying machine Printers Air purifiers with high voltage discharge components	影印機打印機配有高壓電場構件的空 氣淨化機	An irritant and sensitiser. Causes tingling sensation in the nose, dry and sore throat, tearing, burning, stinging and pain in the eyes. 可引致敏感及刺激性污染物。令鼻有刺痛感覺、喉乾、流眼水、及令眼部出現疼痛、刺痛及灼熱感覺。
Formaldehyde 甲醛	Smoking Pressed-wood products Urea-formaldehyde foam insulation Adhesives Paints Furniture, etc	 吸煙 壓板製成品 脲甲醛泡沫絕緣材料 接合劑 油漆 傢俬等 	A highly reactive gas. Irritates the eyes and respiratory tract, and can cause lung tissue damage if inhaled in high concentration. 甲醛是高度活性的氣體。能引致眼及呼吸管道不適;若吸入過量甲醛,亦會破壞肺部組織。
Volatile organic compounds 揮發性有機 化合物	Cleaning agents Disinfectants Paints and solvents Printing inks Furniture and furnishings Smoking, etc.	 清潔劑 消毒劑 油漆及溶劑 印刷墨 傢俬及裝飾物 吸煙等 	Thousands of organic compounds are present in indoor environment. Many of them come from furniture and renovation materials, e.g. paint and solvent, etc, Some are carcinogenic, e.g. benzene. 室內環境有過千種有機化合物存在,很多是從傢俬及裝修物料釋出,如油漆及溶劑等,其中有些是致癌物質,如苯等。
Radon 氡氣	Granite used in building materials	• 建造物料所用的花崗岩	A radioactive gas. Can cause lung cancer. 氡氣是放射性氣體,會引致肺癌。
Microbials (bacteria, fungi) 微生物(細菌,真菌)	Proliferation under suitable conditions, e.g. high humidity	在潮濕及適當環境下滋生	Some of them may be toxic, pathogenic or allergic. 有些微生物含有毒素,是病源體或致敏原。
Environmental tobacco smoke 二手煙	• Smoking	• 吸煙	ETS consists of more than 4,000 compounds (60 of these are known or suspected carcinogens). ETS causes respiratory irritation, adverse effects on the cardiovascular system, and lung cancers. 二手煙包含超過4,000種物質(當中60種已知是致癌或可能致癌的物質)。二手煙能引致呼吸管道不適,危害心肌系統及引致肺癌。





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