

Clean Air Myths:

Did you know this about indoor air?

camfil.com/healthiertogether

Houseplants can significantly remove air pollution in homes and offices.

⊗ **Myth!**

The standard ventilation rate of a normal building far exceeds the negligible removal capacity of plants.

Indoor air is inherently cleaner than outdoor air.

⊗ **Myth!**

Indoor air is often 2–5 times more polluted than outdoor air. This is due to internally generated pollutants and reduced air exchange rates.



If you can't see or smell pollution, it isn't present.

⊗ **Myth!**

Harmful pollutants like fine particulate matter (PM2.5) and radon are invisible and odourless. Even clean-looking air can still affect health, making filtration and monitoring essential.

