

Volatile organic compounds (VOCs) are compounds that easily become vapors or gases. VOCs are released from burning fuel such as gasoline, wood, coal, or natural gas, petrol, jet fuels, engine oils, etc.. How can I be exposed to Volatile Organic Compounds (VOCs)?

Volatile Organic Compounds (VOCs) commonly enter(s) the body through Inhalation

Inhalation (breathing)

Breathing in the fumes from e.g. above-mentioned products/ sources.

Touching/ Skin contact

Touching items that contain and release VOCs - e.g. aircraft seats, tables, walls, carpets. Example: the residue from disinsection spraying is 'sticky' and stays active; it releases 'gases' (VOC's) for up to 50+ days - in the meantime, the aircraft will have most likely been re-sprayed = the cycle continues. Same applies to other toxic fumes that have entered unfiltered the air supply.

What happens when I am exposed to Volatile Organic Compounds (VOCs)?

Short-term exposure to various VOCs can cause:

- Irritation of the eyes and respiratory tract
- Headaches
- Dizziness
- Visual disorders
- Memory problems and more...

Long-term exposure to various VOCs can cause:

- Irritation of the eyes, nose, and throat
- Nausea
- Fatigue
- Loss of coordination
- Dizziness
- Damage to the liver, kidneys, and central nervous system
- Cancer and more...

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