

	Temperature	Humidity	Irritant	Increased CO2	Toxic	Allergens
Asthmatic reaction		X	X			X
Change in breathing					X	
Change in heart rhythm						X
Change in pulse rate	X			X	X	
Chest pain			X		X	X
Chest tightness	X		X	X		X
Cold / flu	X					X
Cough	X		X		X	X
Depression	X			X	X	
Diffuculty in sleeping	X					
Dizziness	X			X		
Drowsiness	X			X		
Dry / sore throat		X	X			
Eye irritation		X	X			
Fatigue	X				X	
Fever	X					X
Headache	X			X		
Loss of appetite						X
Muscular pain						X
Nose (runny)			X			X
Sinus irritation						X
Skin irritation		X	X			
Throat infection						X
Tingling/numbness of extremeties	X					X
Visual disturbance	X			X		
Wheezing			X		X	X

COMPLAINT	POTENTIAL SOURCE
Dry nasal passage, dry skin, eye irritation	Low humidity Dusty environment Ineffective filtration
Asthmatic / Flu like symptoms	Mould / fungal growth Dampness / water leaks Pooling water within HVAC system
Too hot	Humidity settings too high Increased CO2 levels Localised heat spots (portable heaters, sun's energy) Temperature settings too high Over occupied space Vents/diffusers blocked
Too cold	Humidity settings too low Occupants too close to diffusers/windows Dampness / water leaks
Headaches	Chemicals Carbon dioxide Uncomfortable temperature (high or low)

Conditions which are exacerbated by poor IAQ are:

- Migraine
- Asthma
- Rhinitis
- Allergies
- Depression
- Myalgic encephalomyelitis
- Celiac disease
- Fibromyalgia
- Chronic fatigue syndrome
- Infections of the respiratory tract
- Immunodeficiency disorders
- Convalescing from illness