

# ENVIRONMENTAL ODORS & YOUR HEALTH



## WHAT'S THAT SMELL?

Hydrogen sulfide is a colorless gas. At low levels, it has a strong smell similar to rotten eggs. Hydrogen sulfide occurs naturally in some environments and is also released during organic decomposition (breakdown), such as from sewage treatment plants and in beaches with large amounts of decaying seaweed.

## STEPS TO TAKE

Smelling hydrogen sulfide does not always mean that it will make you sick. However, if the smell is strong, or you are concerned, there are steps you can take to lessen symptoms.



### Reduce Exposure

- Limit outdoor activity.
- Keep windows and doors closed.
- Air out your home, or business, when odors are not present.



### Improve Air Quality in Your Home or Business

- Use air conditioning, or portable indoor air purifiers. Look into whether filters need to be replaced.
- Use [certified HEPA filters](#) with activated charcoal.
- If possible, run your air conditioner at your business for 1-2 hours before opening.



### Call Your Doctor

- If you are experiencing persistent, worrisome, or worsening symptoms from strong odors, call your doctor, especially if you have chronic health conditions.
- If you do not have a doctor, contact [2-1-1 San Diego](#).



## MORE INFORMATION

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