

PROTECTING YOUR FAMILY

Four Easy Steps To Reduce Indoor Air Pollution

(NAPSA)—Many people drink purified water and use hand sanitizers for added protection against dirt and germs...but did you know you should also be purifying your indoor air? On average, people spend 90 percent of their time indoors. That's 21 hours a day in homes, offices or classrooms. Even in the cleanest home, indoor air can be five to 100 times more polluted than the air outdoors, according to the U.S. Environmental Protection Agency (EPA).

We're familiar with the dangers of secondhand smoke; however, other microscopic pollutants such as dust, mold spores and pet dander can also pose health concerns.

The EPA states that particles smaller than 10 microns can pass through the nose and throat and go directly into the lungs. Children, the elderly and sensitive adults can be particularly susceptible to these microscopic pollutants.

Fortunately, there are four easy steps you can take to help protect yourself and your family from invisible indoor air dangers:

- **First, clean your air.** Use a portable air purifier in rooms where you spend the most time, such as the bedroom, home office and living areas (family room, living room or den).

Portable air purifiers help circulate the air in your room, usually several times per hour, helping to reduce stuffy, stale air. Effective air purifiers, such as Honeywell air purifiers, can capture up to 99 percent or more of airborne pollutants, such as dust, pollen, pet dander and smoke, that pass through their filters. Some air purifiers are even effective at fighting germs such as bacteria, viruses, mold spores and fungi.

Leading respiratory specialist Dr. Neil Schachter says, "There are a number of easy steps consumers



Help protect your family from the dangers of indoor air pollution.

can take to improve their indoor air quality. I recommend using a portable air-cleaning unit that contains a high-efficiency particulate air or HEPA filter." Be aware that not all air purifiers are created equal. Check out www.cadr.org for a list of air purifier performance ratings and ozone compliance.

- **Second, remove or control the source of indoor air problems.** Regular surface cleaning helps remove particles from floors, blinds, drapes and decorative items so they don't become airborne again. Keep vacuum cleaner canisters cleaned out or replace bags frequently. Bathe pets regularly to reduce dander. Remove mold from shower curtains or in damp basements to reduce mold spores.

- **Third, inspect appliances.** Have your gas or oil company regularly inspect your furnace, gas water heater, range and gas clothes dryer for any leaks. Install carbon monoxide detectors throughout your home.

- **Fourth, ventilate.** When weather permits, open windows and doors to let fresh air in and allow it to circulate.

More tips on improving indoor air quality and getting fresher, cleaner air are at www.honeywellcleanair.com.