



HEALTH AWARENESS

Hazy Days Can Deliver Air Pollution

(NAPSA)—Learning more about air quality—and how you can improve it—may help you breathe a little easier.

Poor air quality can be bad for your health. A sky that seems more brownish than clear blue is one warning sign that air is polluted. This pollution is caused when tiny particles or pollutants from cars and factories and other sources combine with the sunlight. These tiny particles can aggravate asthma and allergies.

Here are some tips to help you cope:

- Before you go outside, check the Air Quality Index at www.airnow.gov/. This index is like a weather forecast, but it tells you how healthy or unhealthy the air is outside your home.

Days when the air quality is at its worst are known as code red days. On these days, people sensitive to the air should remain inside.

- In addition to cooling your home, running a portable air cleaner will help trap small particles that you may otherwise breathe. According to the Association of Home Appliance Manufacturers (AHAM), a portable air cleaner that has been given a Clean Air Delivery Rate (CADR) seal may reduce the level of airborne pollutants in a home.

According to an AHAM study, 57 percent of air-cleaner owners believe that their air cleaners



An air cleaner can trap pollution particles in your home's air that you might otherwise breathe.

have had a large impact on the quality of indoor air.

Compare the CADR information on different air cleaners. First look at the suggested room size. Then refer to the dust, tobacco smoke and pollen CADR numbers. The higher the numbers, the faster the unit filters the air. If the room size and CADR ratings are the same across two products, the air-filtering performance is similar. You can then weigh the importance of product features, such as noise levels and design, to find an air cleaner that fits your needs.

Log on to www.cadr.org or call (800) 267-3138 to obtain a Consumers Guide to Selecting an Air Cleaner.