



# spotlight on health

## Is Your Home's Indoor Air Quality Controlling Your Health?

(NAPSA)—People in nine out of 10 homes in North America could be breathing healthier air, according to the 2007 AirAdvice State of Our Indoor Air Report. In fact, according to the report, the most rampant indoor air problem in 91 percent of all homes is particle allergens. These indoor particle allergens can be attributed to two sources: those generated inside your home, such as dust, pet dander and mold spores; and those generated outside your home and brought inside, such as pollen, factory and traffic pollutants, and pet hair. Improving your indoor air quality is an important step in reducing allergic and asthmatic triggers induced by these particle allergens.

“When trying to rid our homes of allergy- and asthma-inducing irritants, we often overlook treating the indoor air itself,” says Dr. Paula Busse, M.D., allergy and immunology specialist. “One way to tackle both indoor and outdoor sources of allergic irritants is to install a whole-house air cleaner, which continuously cleans the circulated air of your home.”

Researchers from the Harvard School of Public Health have recognized TRANE CleanEffects as an effective way to help combat allergy and asthma triggers. It is the first central air cleaning system that removes up to 99.98 percent of particles and allergens from the filtered air down to .1 microns—the size so small that your nose and mouth cannot effec-

Clean Air Delivery Rate	
Definition: Clean air delivery rate measures the effectiveness of air cleaning appliances. The higher the clean air delivery rate, the more effective the unit is at cleaning the room or home of airborne particles and allergens.	
 <p><b>Typical In-room Appliance:</b> Portable device, slightly more effective than gravity at removing particles and allergens from the air</p> <p>Clean Air Delivery Rate: 10</p>	 <p><b>Standard 1-inch Filter:</b> Most common household filter; does not remove microscopic airborne particles and allergens</p> <p>Clean Air Delivery Rate: 12</p>
 <p><b>Typical Room HEPA Appliance:</b> Portable device; does not remove microscopic airborne particles and allergens</p> <p>Clean Air Delivery Rate: 150</p>	 <p><b>Whole-House 5-inch Media Filter:</b> Captures fewer particles and allergens than electronic air cleaners</p> <p>Clean Air Delivery Rate: 240</p>
 <p><b>Whole-House Electronic Air Cleaner:</b> Some units capable of filtering particles and allergens down to .3 microns</p> <p>Clean Air Delivery Rate: 660</p>	 <p><b>TRANE CleanEffects Whole-House Air Cleaner:</b> Highest clean air delivery rate; removes up to 99.98% of particles and allergens from the filtered air down to .1 microns</p> <p>Clean Air Delivery Rate: 1,200</p>

### The right indoor air cleaner can help put you back in charge.

tively filter them naturally, so they settle deep in your lungs and may affect your health.

#### Whole-House vs. In-Room Air Cleaners

Tackling indoor and outdoor sources of irritants at home is typically addressed by two fundamental types of indoor air cleaning products: portable and whole-house air cleaners. Home size and personal health needs will dictate which type is right for you. Noting the clean air delivery rate for portable or whole-house air cleaners is also important. The EPA and the American Lung Association recognize clean air delivery rate as an approved method to

evaluate the effectiveness of an air cleaner. The higher the clean air delivery rate, the more effective the unit will be at cleaning the airborne particles and allergens from your home's indoor air.

Portable air cleaners are small appliances that you place in a room and plug into an electric outlet for power. These appliances have lower clean air delivery rates. Whole-house air cleaners are used in homes that have a central ventilation system—where conditioned air or heated air is circulated through vents to cool and heat the home. These air cleaners have higher clean air delivery rates.

While whole-house air cleaners have higher clean air delivery rates, they are not all created equal. There are four types of whole-house air cleaners that provide varying levels of clean air in your home.

1. Typical 1-inch disposable filter, used in 85 percent of American homes that have a central ventilation system, with a clean air delivery rate of 12.

2. Pleated media filter, typically 5 inches thick, with a clean air delivery rate of 240.

3. Standard whole-house electronic air cleaner, with a clean air delivery rate of 660.

4. High-efficiency whole-house air cleaner, such as TRANE CleanEffects, with a clean air delivery rate of 1,200.

For more information on managing indoor air quality, visit [trane.com](http://trane.com) or [airadvice.com](http://airadvice.com).