

HINTS FOR HOMEOWNERS

Protecting Your Family From Asthma

(NAPSA)—For many homeowners, avoiding allergy and asthma triggers begins at home.

The Environmental Protection Agency reports that indoor air pollutants may be two to five times higher than pollutant levels found outdoors. The group says that allergens and pollutants such as animal dander, second hand smoke, dust mites, mold and mildew are commonly found in households, offices and public places.

“With Americans spending as much as 90 percent of their time indoors and approximately one in five people suffering from allergies or asthma, indoor air pollution has recently become a top concern,” according to Mary Worstell, Executive Director of the Asthma and Allergy Foundation of America.

To combat the effects of indoor pollution, a number of Americans now use room air cleaners. The devices can remove a significant percentage of pollutants from the air and help a family breathe easier.

To help people choose air cleaners that fit their needs, the Association of Home Appliance Manufacturers has created a consumer selection guide called the Clean Air Delivery Rate (CADR).

The CADR measures and rates air cleaners according to the amount of clean air the product will deliver per minute in cubic feet.



Room air cleaners can help people avoid the effects of indoor pollutants.

Ratings for the reduction of tobacco smoke, dust and pollen are displayed on the product packaging for consumers to compare based on the recommended room size, also displayed on the packaging.

CADR rated room air cleaners will give you information on the removal of tobacco smoke particles as small as one tenth of a micron and dust and pollen particles much smaller than one micron. A micron is 39 millionths of an inch.

For a copy of the consumer's guide and a list of certified air cleaners, visit www.cadr.org. For more information about asthma and allergic diseases, you can visit AAFA at www.aafa or call 1-800-7-ASTHMA.