

PROTECTING YOUR FAMILY



Tips On Reducing Indoor Air Pollution

(NAPSA)—According to the Asthma and Allergy Foundation of America, about one in every five adults and children suffer from allergies, including allergic asthma. Many health groups have recommended three simple strategies for effectively reducing indoor air pollution.

First, control the source of pollution. Remember to clean regularly, including changing sheets and vacuuming often. Wipe down all surfaces with an appropriate cleaning solution and discard clutter as often as possible. Consider replacing old shower curtains, floor mats and anything on which mold is likely to appear.

Also remember to adequately ventilate your home. Today's homes are built more energy efficient to "hold" air inside—avoiding heat loss in the winter and heat gain in the summer. Of course, what's better for your energy bills isn't necessarily better for indoor air quality. Opening windows may help circulate air in the home. But remember to close windows during high allergy seasons, where pollen could enter the home.

In addition, clean the indoor air. An indoor air cleaner may significantly reduce the level of pollutants in a home. Before purchasing an air cleaner, know the square footage of the room you want to treat. You'll want to select an air cleaner that's large enough for the room you're treating. Also, consider air filtering efficiency. You'll want an air cleaner that's proven to deliver filtered air.



For people with allergies and asthma, the quality of indoor air can be a factor.

Look for the CADR seal on the product packaging. The seal shows how well an air cleaner reduces pollutants such as tobacco smoke, pollen and dust. And, it also lists the unit's recommended room size.

From air cleaner to air cleaner, compare the CADR numbers. First look at 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 from one unit to the other the ratings are the same, their air filtering performance is similar. You can then weigh the importance of product features to find an air cleaner that fits your needs.

There are resources that can help you to select the right air cleaner for your home. Log onto www.cadr.org or call 800-267-3138 to obtain a Consumers Guide to Selecting an Air Cleaner.