

Pointers For Parents

Tips To Help Kids Breathe Easier At Home

(NAPSA)—Kids—when they're not playing outside, they're playing inside, escaping the allergens associated with the great outdoors. But are they really escaping?

According to the United States Environmental Protection Agency (EPA), the air we breathe inside our homes may be two-to-five times to as much as 100 times more polluted than the air outdoors.

Here are some tips on helping your kids breathe easier at home, provided by the American Lung Association Health House program:

- Prohibit smoking indoors, especially when there are children in the home.

- Wash your children's bedding (such as sheets, bedcovers and blankets) once a week in hot water.

- Buy washable, stuffed toys for your children. Wash them often in hot water, dry them thoroughly and be sure to keep them off beds.

- If your children are allergic to dust mites, cover their mattresses and pillows in dust-proof (allergen-impermeable) zippered covers.

- Groom pets often and minimize their access to your children's bedrooms.

- Maintain low indoor humidity, ideally between 35 to 55 percent relative humidity. Humidity levels can be measured by hygrometers, which are available at local hardware stores.

- Use a high efficiency furnace filter, such as a Filtrete ultra allergen reduction filter from 3M. Filtrete filters contain electrostatically charged fibers that capture up to 30 times more allergens and other pollutants than the typical fiberglass filter.

- Use exhaust fans or open windows in kitchens when cooking or running the dishwasher, and in bathrooms when your children are bathing.



Breathe Easier: Kids is filled with tips on reducing exposure to allergens that can be especially bothersome to children.

- Common household cleaning agents, personal care products, pesticides, paints, hobby products and solvents may be sources of hundreds of potentially harmful chemicals. Check labels and choose the least toxic product. Follow the directions for use and ventilation.

- Test your home for radon, an invisible gas that can cause lung cancer. Test kits are simple to use and may be available at your hardware store. If radon is found, your home can be fitted with ventilation that removes it.

As part of an ongoing educational partnership to raise awareness about indoor air quality issues, 3M and the American Lung Association Health House program are offering a tips booklet entitled *Breathe Easier: Kids*.

To obtain a copy of the booklet free of charge, call 1-800-388-3458 or send an e-mail with your name and mailing address to 3mfiltrete@3mservice.montagenet.com.