

Air is Life....How Fresh is Yours?

Good indoor air quality (IAQ) is important to the comfort, health, and lifestyle of every family. But many people don't give the air quality in their home a second thought – even when there's a "funny smell" or illness. Cleaning your air filter on a regular basis (every 2-4 weeks) is the BEST way to improve your indoor air quality, reduce the wear and tear of your heating and cooling system, and protect your family from health risks posed by contaminated air in the home.

The EPA Indoor Environments Division Report states:

"Indoor air pollution consistently ranks among the top five environmental risks to public health."

"Poor indoor air quality can cause illness-requiring absence from school, and can cause acute health symptoms that decrease performance while at school."

"Poor indoor air quality can reduce a person's ability to perform specific mental tasks requiring concentration, calculation, or memory"

We often think of our home as a safe place. But how often do you think about the "air" in your home? Beginning in the late 1970s, the residential construction industry started building more energy-efficient homes that resulted in a tighter "seal" so that heating and cooling could not escape. Contaminated air which once escaped through cracks around windows and doors is now trapped inside with you and your family.

According to the Consumer Product Safety Commission: "Because people spend a lot of time indoors, the quality of the air indoors can affect their health. Infants, young children and the elderly are a group shown to be more susceptible to pollutants. People with chronic respiratory or cardiovascular illness or immune system diseases are also more susceptible than others to pollutants."

EPA studies indicated that indoor levels of pollutants may be 25 times and occasionally more than 100 times, higher than outdoor levels. And there is more than just one cause of indoor air pollution - from tobacco smoke to building materials and home furnishings to pet dander. Our air quality is also impacted by activities such as cooking, heating, cooling, and cleaning. As a result, the level of indoor air pollutants has steadily increased over the last two decades.

To learn more and read the full report, please visit <http://www.epa.gov/iaq/>