

HINTS FOR HOMEOWNERS

Seven Steps For A Healthier Home

(NAPSA)—Many Americans may be breathing a little more easily if they heed a few hints on how to clean up the air in their homes.

The Problem

That's because according to the U.S. Environmental Protection Agency, levels of some indoor air pollutants can be two to five times higher—with some as much as 100 times higher—than the levels outdoors. Today's tightly sealed homes help conserve energy. However, they also can trap pollutants such as pollen and dust mites, mold, carbon monoxide and other toxic gasses that can aggravate allergies and asthma as well as other health problems. Homeowners can overcome these problems by removing particulates from the home and preventing pollutants from getting in.

Some Solutions

Here are seven steps from engineers and other experts that may help:

1. Don't let anyone smoke in the house.
2. Invest in a carbon monoxide detector to ensure the air is free of deadly carbon monoxide gas.
3. Maintain low relative humidity in the house to control dust mites. Consider purchasing a humidity detector or dehumidifier.
4. Wash bedding at least once per week. Consider allergen-impermeable covers for mattresses, box springs and pillows.
5. Use paints, stains and solvents labeled low VOC for Volatile Organic Compounds. These are products that don't emit toxic gasses. And make sure to have adequate ventilation in any room where chemicals are used.



Keeping the air inside your home clean can be good for your health.

6. Properly vent fireplaces, wood stoves and other hearth products, stoves and dryers to the outside.

7. Consider installing a central vacuum system. It can remove up to five times more dirt and allergens than a conventional vacuum, without blowing air into the living area that can stir up dust. In fact, a clinical study of allergy patients found that the superior dust removal of a central vacuum system improved patients' symptoms by up to 61 percent.

What's more, homes with built-in vacuums such as Beam Central Vacuum Systems offer more appeal and value to buyers than homes without them, often increasing the value of a home by more than the cost of the system. Professionally trained dealers can install a central vacuum system in virtually any existing home, without damaging walls.

Learn More

For more information on improving air quality, visit www.beam.com.