

# HINTS FOR HOMEOWNERS

## Breathe Easier Indoors

(NAPSA)—Most of us are aware that outdoor pollution, such as vehicle exhaust, ground-level ozone, dirt, dust, soot and smoke, can be dangerous. However, indoor air pollution is also a major health concern for many Americans. Levels of air pollution inside the home can be two to five times higher (and occasionally 100 times higher) than outdoor levels!

“There are many simple steps homeowners can take to breathe cleaner air at home,” said Neil Schachter, M.D., past president of the American Lung Association of the City of New York and author of *Life and Breath*. “Prohibiting smoking and controlling humidity in the home are just the beginning. It also helps to use furnace and air conditioner filters that meet American Lung Association Health House indoor air quality guidelines.”

Following are a few tips from Dr. Schachter for “repairing the air” in your home—from the basement to the attic:

### Basement

- Keep humidity levels below 50 percent to discourage the growth of mold, and use a combination humidity/temperature gauge to monitor the level of moisture.

- For extra protection, add a high-performance air-cleaning filter, such as a Filtrete filter from 3M to your furnace or central air conditioning unit. Remember to change the filter every three months.

### Living room

- Wipe down items displayed on shelves and tables with a damp cloth at least every two weeks to reduce buildup of dust and pollen particles.

### Kitchen

- Install a ventilation system to properly remove emissions of gases, when using a gas stove or oven. Make sure to keep a nearby window open if an air vent does not exist.

### Bedroom

- If you or a family member is allergic to dust mites, encase the



The image shows the cover of a brochure titled "breathe easier HOME". The subtitle is "tips for creating a healthier home". The cover features three black and white photographs: a person watering a plant, a person sitting in a chair reading, and a family of three. At the bottom, it states: "3M is proud to be an educational partner with the American Lung Association Health House® program". There are logos for the American Lung Association and the Health House program.

**The American Lung Association Health House program and 3M offer a series of “Breathe Easier” brochures that provide tips on improving air quality in the home.**

mattresses, box springs, and pillows in covers that breathe, but are designed to prevent inhaling the mites.

- Be sure to wash your bed linens in hot water (130°) at least weekly to further reduce exposure to dust mites.

### Bathroom

- To avoid the effects of moisture buildup, leave a window open a crack or run the bathroom exhaust fan more frequently.

### Attic

- To decrease the risk of mold, repair roof leaks to reduce moisture intrusion.

- If you live in a single-family home, an attic fan that vents to the outside has been shown to lower pollutants in the rest of the house.

The American Lung Association Health House program and 3M are offering a series of “Breathe Easier” brochures that provide additional tips on improving indoor air quality. These brochures are available free-of-charge by calling 1-800-388-3458 or by sending an e-mail with your name, mailing address and the title(s) of booklets requested to [3mfiltrete@3mservice.montagenet.com](mailto:3mfiltrete@3mservice.montagenet.com).