

HINTS FOR HOMEOWNERS

Checklist For Improving Indoor Air Quality

(NAPSA)—Most Americans consider their home a sanctuary—a place to raise their children, entertain friends and enjoy life. Unfortunately, poor indoor air quality can make a home a lot less livable. According to the Environmental Protection Agency (EPA), the air inside homes may be up to five times more polluted than the air outside. Moreover, the EPA ranks poor indoor air quality among the top five environmental risks.

The Asthma and Allergy Foundation of America (AAFA) says maintaining clean indoor air is important because, at certain times of the year, people spend as much as 90 percent of their time indoors. Therefore, homeowners need to be aware of the health hazards that lurk within the walls of their seemingly safe haven.

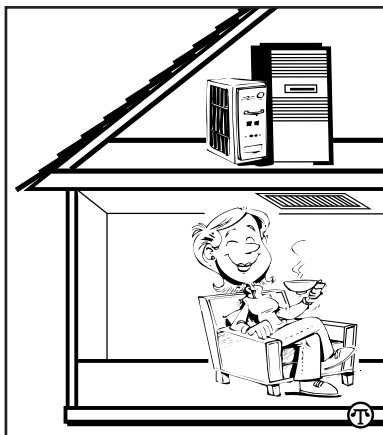
Because indoor air is recycled, it traps pollutants, such as dust mites, pet dander, dirt particles, bioaerosols, odors and chemicals. The resulting poor indoor air quality can cause headaches, nausea and lethargy, and can contribute to the development of chronic respiratory disease.

Lennox Industries, a global leader in air conditioning and heating systems that offers a complete line of indoor air quality products, and AAFA believe that environmental and lifestyle changes can make a tremendous difference in reducing allergy symptoms and providing relief for millions of sufferers.

Lennox Industries has developed simple tips to help even severe sufferers clear the air, including:

Tackle Toxins. Eliminating individual sources of pollution or reducing their emissions is one way to alleviate poor indoor air quality. Here's how:

- Safely store all household products. To keep household chemicals, such as cleaning agents, pesticides, paints and other toxic sub-



Installing an air purification system in your home is one way to improve indoor air quality.

stances, from releasing hazardous fumes throughout the inside of a home, keep all substances away from return air vents where the toxic fumes might be drawn in and circulated through the home.

- Install carbon monoxide detectors along with smoke detectors throughout the home. These types of equipment will help detect this unwanted toxin from roaming through the home.

- Hire a professional heating and cooling service-company to inspect heating and ventilation systems at least once a year. A routine maintenance checkup, along with a proper draft and pressurization analysis of a home, will uncover potential sources of pollution as well as other repairs that are needed.

Pure-ify Your Home. Another way to reduce indoor air pollutants is to dilute their concentration by destroying pollutants or by circulating fresh outdoor air through the home.

- Ventilate the air inside your home with fresh, filtered outside air. Use a quality ventilation system to help remove the particles and bioaerosols that can trigger allergies.

- Clean indoor air further with electronic air cleaners and high-

efficiency air filters that capture even smaller particles. For example, the new Lennox PureAir air purification system has been proven to clean the air inside homes better than any other system you can buy, effectively removing all classes of contaminants and destroying odors and chemicals.

- Monitor humidity and temperature levels. Install humidistats, such as the new Healthy Climate Power and By-Pass Humidifier by Lennox, and thermostats to improve air quality and enhance comfort. Regulating moisture levels and temperatures helps reduce concentrations of particles and bioaerosols.

- Install exhaust fans in bathrooms and kitchens. Fans in these vulnerable areas can help remove contaminants directly from the room and also increase the circulation of outdoor air.

Make Keeping Clean a Routine. A regular cleaning schedule will help keep pollen, dust and unwanted particles from becoming a problem. Consider these tips:

- Vacuum at least once or twice a week. Use a vacuum cleaner with a HEPA (high efficiency particulate air) filter.

- Dust surfaces regularly. Consider wearing a filtered face mask while doing housework, since cleaning tends to stir up dust and particles.

- Regularly wash all bed linens and stuffed toys. To kill dust mites, wash everything in hot water, at least 130 degrees Fahrenheit.

For more information on improving indoor air quality and products that can help consumers breathe easier, visit www.lennox.com or call 1-800-9-LENNOX (953-6669).

For additional general information on asthma and allergies, contact AAFA at 1-800-7-ASTHMA or visit www.aafa.org. The Asthma and Allergy Foundation of America does not endorse any commercial products.