



YOUR HOMEOWNER'S GUIDE TO INDOOR AIR QUALITY

CAUSES OF INDOOR AIR POLLUTION

1 - CARBON MONOXIDE

**2 - LIVE SOURCES LIKE
MOLD, MILDEW,
COCKROACHES & DUST
MITES**

3 - NITROGEN DIOXIDE

4 - SULFUR DIOXIDE

5 - RADON

6 - SECONDHAND SMOKE

**7 - PARTICULATES LIKE
DUST & POLLEN**

**8 - HOUSEHOLD
PRODUCTS LIKE
CLEANERS & CHEMICALS**

9 - ASBESTOS

10 - LEAD

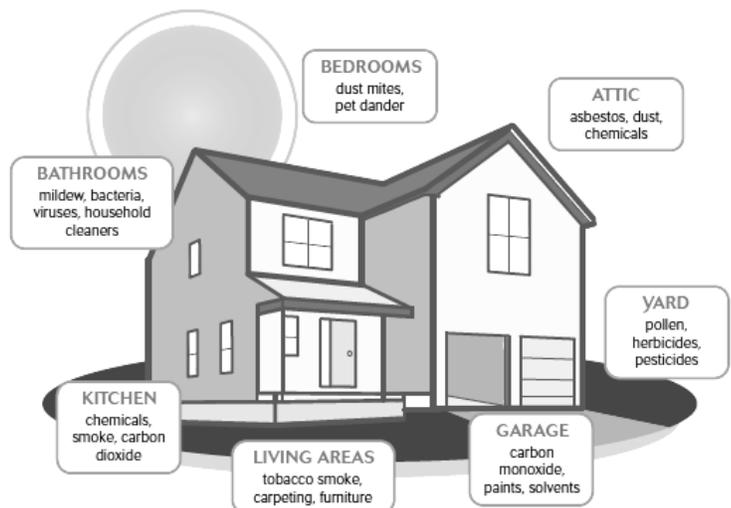
INDOOR AIR POLLUTION AND YOUR HOME

Are you worried about the air you breathe? Don't think you're safe just because you're inside! The Environmental Protection Agency (EPA) says that the air in homes and other buildings can be more seriously polluted than the outdoor air.

Indoor air pollution can cause some major health problems. People who may be exposed to indoor air pollutants for the longest periods are often those most at risk to experience the effects of indoor air pollution. This includes children, older adults, and people with long-term (chronic) illnesses.

Most indoor air pollution comes from sources that release gases or particles into the air. Things such as building materials and air fresheners give off pollution constantly. Other sources such as tobacco smoke and wood-burning stoves also cause indoor pollution. Some indoor air pollutants have been around for years, but they often were weakened by outdoor air seeping into the home. Today's more energy-efficient homes don't let as much outdoor air get inside which makes indoor pollutants that much more potent and hazardous to your health.

HERE ARE THE CULPRITS OF INDOOR AIR POLLUTION IN YOUR HOME



SYMPTOMS OF INDOOR AIR POLLUTION

- Itchy Eyes
- Runny Nose
- Sneezing
- Coughing
- Dizziness
- Fatigue
- Skin Rashes
- Difficulty Sleeping
- Difficulty Breathing

IN GENERAL, IT'S GOOD PRACTICE TO:

- Never buy more than you need of products that might add to indoor pollution. These include cleaning solvents or pesticides.
- Follow makers' directions for use, storage, and disposal.
- Provide ventilation before and after putting in products such as pressed-wood furniture, and carpets or draperies that might give off chemicals.
- Don't allow smoking in your home.

HOW SAFE IS YOUR AIR?

THESE SYMPTOMS MAY BE A SIGN OF INDOOR AIR HAZARDS IN YOUR HOME. THEY INCLUDE:

- Abnormal and noticeable odors
- Stale or stuffy air
- Clear lack of air movement
- Dirty or broken central heating or air conditioning
- Damaged flue pipes or chimneys
- Too much humidity. A relative humidity of 30% to 50% is generally advised for homes. Remove standing water, water-damaged materials, and wet surfaces. These can be a breeding ground for molds, mildews, bacteria, and insects.
- Molds and mildew
- Health reaction after remodeling, moving, weatherizing, buying new furniture or using household or hobby products
- Feeling healthier outside the home

INDOOR AIR QUALITY & YOUR HVAC

You don't have to live with unhealthy air in your home. Whether the air always feels stuffy or the moisture levels never seem right, there are techniques and products you can use to improve your indoor air quality.

Here are six HVAC devices you can use to easily restore optimum indoor air quality levels.

- **AIR CLEANERS**

Air cleaners work with your HVAC system to trap much more than the standard dirt and dust that air filters capture during a cycle. Air cleaners take the process to the next level by capturing pollen, pet dander, smoke, bacteria, and even airborne pathogens. Most air cleaners trap bacteria and other organisms down to a size of one or even one-third micron, which means many can eliminate potentially harmful pathogens like common cold viruses. Some air purifiers even kill bacteria and pathogens upon contact, providing your home with perfectly clean air.

- **UV LAMPS**

Ultraviolet (UV) lamps reside near the indoor coil of your HVAC system and the related drain pan, where they kill harmful bacteria and mold before they have the chance to enter your air supply. By stopping these airborne contaminants in their tracks, you can prevent the spread of bacteria as well as larger mold issues in your home.

- **VENTILATORS**

If your home constantly feels stuffy and you find it difficult to draw in fresh air on a regular basis, a ventilator is often the answer. These appliances pull in fresh air while expelling stale air with each cycle, so you'll never have that stuffy feeling. Many ventilators also work with your HVAC system to lower energy consumption by using the energy of the outgoing air to condition the incoming air.

- **HUMIDIFIERS**

When it is cold outside, some HVAC systems fight to maintain comfortable humidity levels indoors. Dry air can lead to respiratory issues, damage wooden furniture, and drive up energy costs.

A whole-home humidifier adds moisture to the air via either steam or water vapor. Since these appliances address the air throughout your home, you can rest assured that they will provide healthy, humidified air to every room.

- **WHOLE-HOME DEHUMIDIFIERS**

High levels of moisture can create breeding grounds for mold, dust mites, and other pathogens, and compromise the integrity of some household appliances. A whole-home dehumidifier works with the HVAC system to pull moisture from the air with each cycle. Since humidity problems often develop in the basement or other areas of the home that are prone to dampness, you can also opt for portable models that work well in these localized areas.

- **CARBON MONOXIDE ALARMS**

One of the most dangerous airborne contaminants, carbon monoxide is also one of the hardest to detect. Because this gas is invisible, odorless, and tasteless, it can cause illness and poisoning before most homeowners even realize its presence. A carbon monoxide alarm can safely detect this dangerous gas and alert your family to its presence before it causes ill effects or even death. Since malfunctioning appliances, furnaces, or other fuel-reliant devices can sometimes create unhealthy carbon monoxide buildup, install carbon monoxide alarms in your home, especially near bedrooms.



Need help improving your Indoor Air Quality? The experts at Lion Home Service can provide the information and products you need.

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