

## HOME

# Think You're Breathing Clean Indoor Air? Think Again!

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(NU) - Most Americans are unaware of an important fact: The air we're breathing inside our homes, schools and offices can be highly polluted. In fact, most people don't even think about the air that they breathe, but they should.

The U.S. Environmental Protection Agency (EPA) says levels of indoor air pollution can be between two and five times higher – and occasionally as much as 100 times higher – than outdoor air. Indoor air pollution can be such a problem that the EPA ranks poor indoor air quality among the top five environmental risks to public health. These statistics are particularly eye-opening, given that we spend upwards of 90 percent of our day indoors.

There are a number of common misconceptions about indoor air quality. For instance, many consumers believe that because their homes are clean, their indoor air is clean, too. The truth is that airborne particulates such as dust, smoke, mold spores and pet dander can be widespread in even the cleanest homes. And as many consumers are sealing their homes more tightly to conserve energy, they're reducing natural circulation and sealing in those airborne pollutants.

Another common misconception is that healthy adults aren't susceptible to the effects of poor indoor air quality. While poor indoor air poses particular risks for children, the elderly and those affected by asthma and allergies, everyone's health can suffer by breathing polluted air. Effects from exposure to poor indoor air may include irritation of the eyes, nose and throat, headaches, dizziness and fatigue.



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**Few people realize that the air in their home can be just as polluted as the air outside.**

Think about it: Many people drink purified water and use hand sanitizers, but they aren't doing anything to help purify the air that they are breathing because they don't believe anything can be done to help improve indoor air quality problems.

The truth is that effective, affordable portable air purifiers, such as Honeywell air purifiers, eliminate up to 95 to 99.97 percent of microscopic airborne pollutants (0.3 microns or larger) that pass through their filters. Some air purifiers are even effective at fighting certain viruses and other germs. Portable air purifiers also help circulate the air in a room, usually several times per hour, to reduce airborne allergens and stale air. Consumers should use an air purifier in the rooms where they spend the most time, such as the bedroom and living areas.

Honeywell air purifier products, manufactured by Kaz, Inc., are available at major retailers including Target, Wal-Mart, Sears, Amazon.com and The Home Depot. To find out which type of air purifier is best for your needs, visit [www.honeywellcleanair.com](http://www.honeywellcleanair.com).