

and fresh air

The EPA reports that indoor air quality can be 100 times worse than outside air. Airborne pollutants may include:

- Dust, pollen, dirt, dander, carpet and insulation fibers.
- Mold spores, dust mites, viruses, fungi, bacteria, yeasts and algae.
- Gases, vapors and odors from appliances, furniture glues and finishes, carpeting, cleaning products, pesticides, perfumes, pets and more.

control

Too Little Humidity...

- Can cause sore throat, dry skin and sinus irritation.
- Causes damage to furniture and wood floors.
- Makes you feel colder regardless of the temperature.

Too Much Humidity...

- Makes you feel clammy, sweaty or sticky.
- Increases allergens (dust mites, molds and fungi).
- Causes wood warping and wallpaper peeling.

and savings

Heating and cooling costs are the #1 expense in most American homes. In most homes, a single thermostat tries to keep an entire home comfortable. But with multiple floors and rooms of various sizes, that's virtually impossible.

A word about Indoor Air Quality and Energy Efficiency

The last decade has seen a revolution in the heating and cooling industry. New systems use up to 50% less energy. Plus, today's homes are constructed "tighter" than ever—potentially trapping stale indoor air and pollutants.

Today's indoor air quality systems must include temperature control, humidity control, filtration and ventilation. Regardless of the age of your system, or if you currently use portables, updating to whole-home solutions could save you a substantial amount on energy costs and address other issues affecting your entire home's air quality.

To learn more about indoor air quality, check out these free online resources:

Aprilaire Indoor Air Quality Products
www.aprilaire.com

EnergyStar
www.energystar.gov

Healthy Indoor Air for America's Homes
www.healthyindoorair.org

U.S. Environmental Protection Agency
—Indoor Air Quality
www.epa.gov/iaq

Aprilaire[®]
Fresh Ideas for Indoor Air[™]

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the
healthy
checklist
home
10 ways to improve
the indoor air
quality of your home.





what you can do **for clean and fresh air**

- Store volatile chemicals and cleaning products outside the home.
- Keep pet beds and litter boxes away from heating and cooling system vents.
- Run your heating or cooling system blower when vacuuming and keep vents unobstructed to keep airborne particulates from settling.
- Change your furnace filter according to the manufacturer's recommendations.

what we **can do**

- Recommend whole-home filtration solutions to remove impurities, down to those so small you can't even see them.
- Recommend ventilation control products to automatically replace stale indoor air with fresh outdoor air.



what you can do **for humidity control**

- Always run your bathroom fan during and after showering.
- Run your heating and cooling system blower to reduce condensation on windows.
- Use oven hood fans when boiling, poaching or baking foods.

what we **can do**

- Recommend whole-home equipment that maintains optimum humidity control in every room in your home, year-round—unlike portable units that affect just small areas.



what you can do **for comfort and savings**

- Run your heating or cooling system blower constantly to reduce hot or cold spots.
- Use ceiling fans to help increase circulation (with blades circulating air downward in winter and upward in summer).
- Keep heating and cooling system vents unobstructed by furniture or decorations.

what we **can do**

- Offer a maintenance agreement to periodically inspect and keep your system running at optimum efficiency.
- Install a zoned comfort control system and programmable thermostat to increase savings and comfort.