

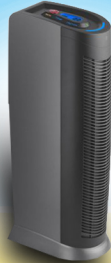
# INTERESTING FACTS ABOUT INDOOR AIR QUALITY

INDOOR AIR IS  
**2-5x MORE POLLUTED**  
THAN OUTDOOR AIR



Children are more susceptible to air pollution.

A good air purifier can remove **99.7%** of asthma-inducing toxins.



Hair and dander from pets are known triggers for allergies.



## COMMON CULPRITS



### Air Fresheners

Release **Volatile Organic Carbons (VOCs)** interfering with human reproductive development.



### Candles

Contain **benzene and toluene**, two known carcinogens.



### Printing Inks

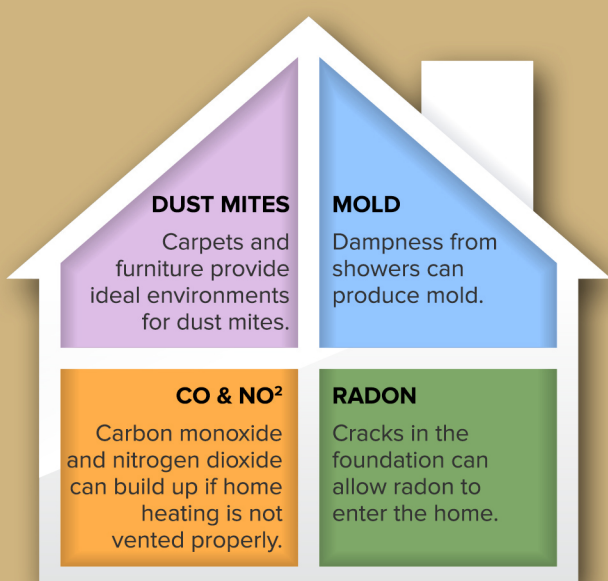
Contain **glymes**, linked to developmental and reproductive damage.



### Flame Retardants

Have been linked to cancer, male infertility, and male birth defects.

## AROUND YOUR HOME



## TIPS TO IMPROVE INDOOR AIR QUALITY



### USE AN AIR PURIFIER

A HEPA air purifier can help remove pollutants and irritants from your indoor air.

### USE DOORMATS

WELCOME

Reduce dust by placing mats at each entrance of the house. Remove shoes when entering from the outdoors.



### VACUUM & DUST

Use high efficiency particulate air (HEPA) vacuum cleaners with disposable bags and microfiber cloths for surface dust removal.

### CONTROL MOISTURE



Reduce mold growth by running a bathroom exhaust fan while showering.



### REDUCE CHEMICALS

Minimize the use of harsh cleaners, solvent-based cleaners or cleaners with strong fragrances.

### VENTILATE



Make sure that fuel burning furnaces, fireplaces, heaters, range tops, exhaust fans and other appliances are vented to the outside.