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Northern Colorado Air, Inc.

News Release

Indoor Air Can Be Hazardous to Your Health



Fort Collins, CO -- Indoor air -- a pollutant? Unfortunately, that is often the case, said Jeff Richard, General Manager, Northern Colorado Air, Inc.

Exposure to air pollutants can be up to 100 times higher indoors than outdoors. Fortunately, several steps can be taken to ensure that your indoor environment is the safest.

The American Lung Association estimates that most people spend 90% of their time indoors, making indoor air quality (IAQ) extremely important. Many common household items contribute to poor indoor air quality. Compounds found in carpeting, furniture, upholstery, and drapery fabric constantly emit fumes. Other sources of pollutants can include cleaning agents, paints, and personal care products.

Data released in the Air Advice State of Our Indoor Air

report 2007, a landmark report developed by AirAdvice Inc. based on the analysis of 49,130 indoor air quality tests conducted in homes across North America, shows that people in 9 out of 10 American homes are breathing unhealthy indoor air.

Overall, 96.7% of all homes tested had at least one of six indoor air quality (IAQ) problems analyzed in the Air Advice study -- particle allergens, chemical pollutants, carbon dioxide, temperature, humidity, and carbon monoxide.

Most homes had multiple indoor air problems. 83% of all homes tested exhibited two or more of the six problem types; nearly half (49.8%) had three or more problems; 18.9% had four or more.

The most rampant indoor air quality problem in North American homes is particle **allergens** (e.g., dust, dander, pollen, spores, bacteria, and other airborne pollutants). Over 91% of homes tested showed elevated particle allergen levels. Occupants of homes with elevated particle allergen levels are at risk for adverse symptoms and diseases including asthma and allergies. According to the American Lung Association, in 2004 an estimated 30.2 million Americans -- more than 1 in every 10 people -- had been diagnosed with asthma in their lifetime.

Chemical pollutant problems were the second-most frequent type of problem found. Elevated chemical pollutant levels were found in 7 out of 10 homes (70%). Some chemical pollutants are known carcinogens (cancer-causing).

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Carbon dioxide, temperature, and humidity levels were outside recommended ranges in many homes -- 45%, 30%, and 49%, respectively. Carbon monoxide, a clear, odorless, and potentially deadly gas, was found at elevated levels in 2% of homes.

Thankfully, there are things a homeowner can do to help alleviate potential IAQ concerns and for less money than frequent Doctor visits and medical treatments.

The first step toward improving indoor air is **to identify the sources of air pollutants**, said Richard. “Eliminating or reducing these sources are the effective ways to clean the air. Reducing the sources and/or the amount of pollutants they emit, will contribute to a healthier living environment.”

Ventilation also plays an important role in improving indoor air quality. Proper ventilation can reduce the concentration of pollutants inside the home.

A third way to minimize the concentration of pollutants is by **thoroughly cleaning the home**. Frequent dusting and vacuuming can help to reduce the amount of dust particles in the air.

Some of the most effective solutions for poor indoor air quality may involve heating and cooling systems.

Lennox Pure Airc and **Merv 16 filters** can assist in absorbing particles that otherwise would escape due to their size. Pure Airc and high-efficiency filters help clean the air and provide respiratory relief by removing dust, dirt, detectors, heat recovery ventilators, and air purifiers.

To find out more about the most effective methods to improve indoor air quality and for a FREE Indoor Air Quality exam call **Northern Colorado Air, Inc.** at (970) 223-8873. Northern Colorado Air, Inc. has been providing service in the Front Range area for 17 years.

Don't forget to ask about our



Pre-Season A/C Check and Service Special for energy efficiency and homeowner peace of mind.