



**RED
FEATHER**



HEALTHY HOME FLASHCARDS

HEPA AIR FILTERS

WHAT IS IT:

Indoor air pollution comes in many forms such as wood and coal smoke, pet dander, dust mites, mold spores, and pollen. HEPA filters are mechanical devices that improve indoor air quality by pushing pollutants through a fine mesh container. Families that burn wood/coal stoves or have asthma and/or allergies could especially stand to benefit from their use.

WHAT IT DOES:

Exposure to such pollutants can negatively impact respiratory and cardiovascular health, especially in young children and the elderly. Currently, there is uncertainty about how long and how much exposure to indoor air pollutants is need to make you sick.



HEPA FILTER KIT

CONTENTS: HEPA Air Filter and 1 year of replacement filters

WHAT YOU CAN DO

- Maintain your HEPA filter by following the manufacturer's guidelines, which includes cleaning and replacing the filters on a regular basis.
- To maximize filter life and minimize operating costs only turn the HEPA on while you are home.
- Keep doors and windows closed when using the filter for optimal performance.
- Avoid purchasing imitation filters often sold as "HEPA Type".
- Portable HEPA filters are primarily designed to clean the air in one room. It is generally recommended to keep the HEPA filter in the area where you spend most of your time.
- In addition to using HEPA filters the following steps should be part of a comprehensive strategy for healthy indoor air:
 - Ban smoking indoors
 - Vacuum frequently
 - Replace carpets with wood, tile, or vinyl flooring
 - Keep pets outdoors if you are allergic to pet dander
 - Change bedding frequently and wash sheets in hot water
 - Replace draperies and curtains with roll up shades
 - Use mattresses and pillows encasements

DID YOU KNOW?

Exposure to air pollution can increase your heart rate and blood pressure, and can increase your risk for heart disease.