

HOW DANGEROUS IS YOUR HOME?



50% OF ALL ILLNESSES

ARE CAUSED OR AGGRAVATED BY INDOOR AIR POLLUTION

RADON IS THE #2 CAUSE OF LUNG CANCER...

1 IN 15 HOMES IN THE U.S. HAS ELEVATED RADON LEVELS.

PEOPLE SPEND 90% OF THEIR TIME INDOORS, BUT INDOOR AIR IS 2-5X MORE POLLUTED THAN OUTDOOR AIR.

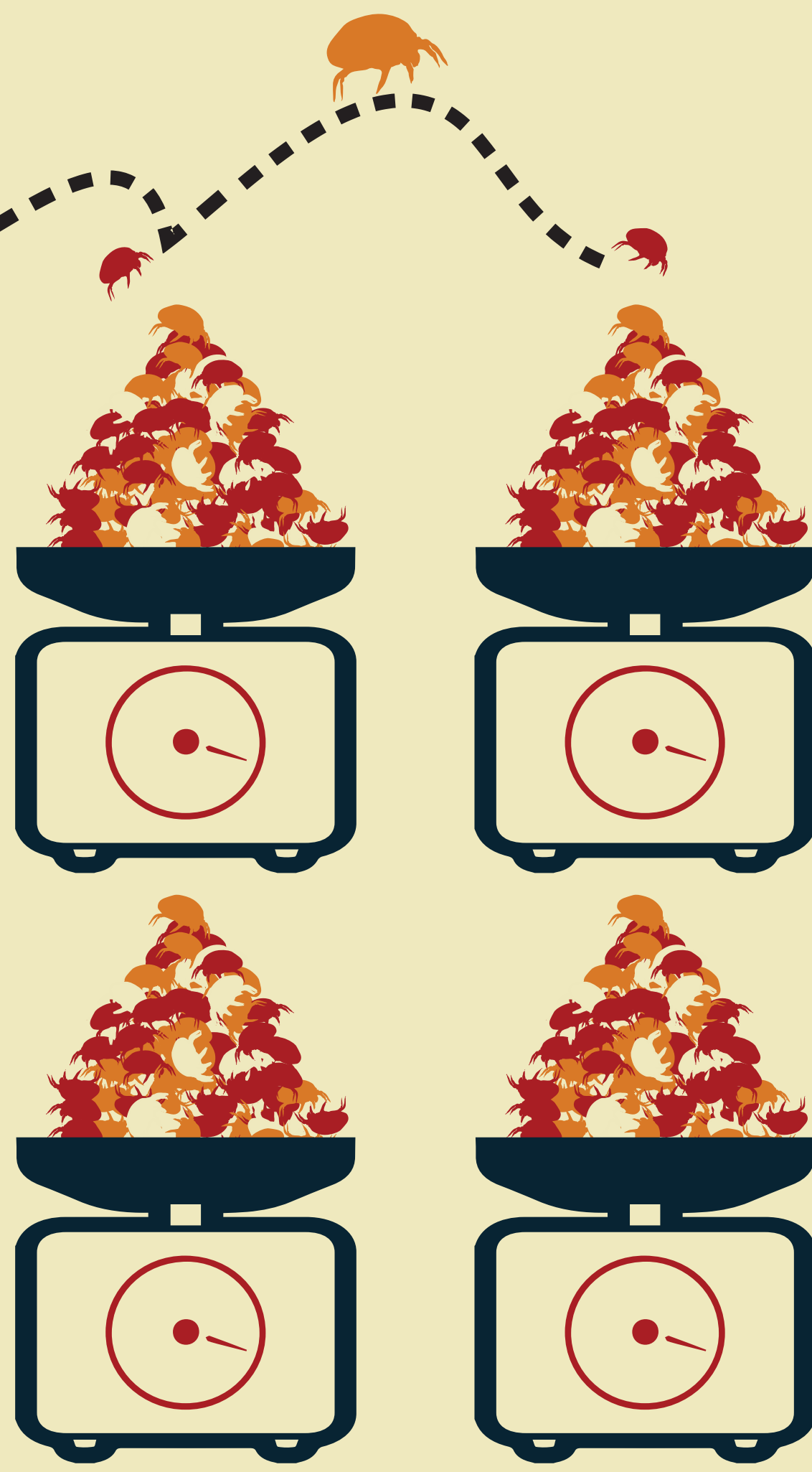


1/2 TEASPOON OF DUST CONTAINS AS MANY AS 1,000 DUST MITES...



AND 250,000 ALLERGENIC DUST MITE FECAL PELLETS

IN A TYPICAL 6 ROOM HOME, UP TO 40 POUNDS OF DUST IS CREATED ANNUALLY THROUGH EVERYDAY LIVING



EXPOSURE TO DUST MITES, ANIMAL DANDER, CAT SALIVA AND MOLD CAUSES ABOUT 200,000 EMERGENCY-ROOM VISITS A YEAR FOR PEOPLE WITH ASTHMA



NEARLY 50% OF PNEUMONIA DEATHS

AMONG CHILDREN UNDER FIVE ARE DUE TO PARTICULATE MATTER INHALED FROM

INDOOR AIR POLLUTION

TIPS & SOLUTIONS

TO REDUCE DUST, PLACE MATS AT EACH ENTRANCE OF THE HOUSE AND REMOVE SHOES AS OFTEN AS POSSIBLE WHEN ENTERING FROM THE OUTDOORS

OCCASIONAL STEAM CLEANING BY A PROFESSIONAL WILL KILL FLEAS, DUST MITES, AND ODOR-CAUSING BACTERIA

PROFESSIONALLY DEEP CLEAN YOUR CARPETS EVERY 12 TO 18 MONTHS TO REMOVE EMBEDDED DIRT AND GRIME.

BASIC HOME CARE SHOULD INCLUDE UPHOLSTERY CLEANING AT LEAST ONCE A YEAR

VACUUM WEEKLY WITH AN EFFICIENT POWERHEAD VACUUM, PREFERABLY ONE WITH A DIRT SENSOR LIGHT AND HIGH EFFICIENCY FILTER

INSIDE YOUR HOME YOU CAN CONTROL MOLD GROWTH BY:

CONTROLLING HUMIDITY LEVELS; PROMPTLY FIXING LEAKY ROOFS, WINDOWS, AND PIPES; THOROUGHLY CLEANING AND DRYING AFTER FLOODING; VENTILATING SHOWER, LAUNDRY, AND COOKING AREAS.

INSPECT AIR HANDLERS ONCE A YEAR AND INSPECT AIR DUCTS ONCE EVERY TWO YEARS. IF INSPECTIONS YIELD CONTAMINATION, HAVE AIR DUCTS CLEANED AT THAT TIME.

60 YEARS OF EXCELLENCE

COIT

WWW.COIT.COM

SOURCES:

<http://www.ehso.com/ehshome/dustmites.php#1What>, <http://www.nadca.com/en/why-clean-air-ducts>
<http://www.1stclasscleaningnyc.com/allergy-cleaning-treatment/allergy-relief-cleaning-facts>,
<http://www.epa.gov/radon/healthrisks.html>, <http://www.cpcc.gov/cpscpub/pubs/455.html>,
<http://www.carpet-rug.org/residential-customers/cleaning-and-maintenance/basic-cleaning>
<http://www.aeris.org/desktopmodules/articleDetail.aspx?articleid=36#mites-ref2>,
<http://www.who.int/mediacentre/factsheets/fs292/en/index.html>,
<http://www.nadca.com/en/why-clean-air-ducts>,