

It's a cause for concern

How to improve indoor air quality

According to the Ontario Lung Association, indoor air quality has become more of a cause for concern than it was in the past since improved insulation and other energy-saving measures have meant poorer air circulation for many of our homes and buildings.

With poor indoor air quality, the same air-borne particles are circulated continuously throughout the building. This can lead to an unhealthy and uncomfortable indoor environment and put you and your family's health at risk.

Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later. Immediate effects may show up after a single exposure or repeated exposures. These include irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. Such immediate effects are usually short-term and treatable. Sometimes the treatment is simply eliminating the person's exposure to the source of the pollution, if it can be identified. Symptoms of some diseases, including asthma and humidifier fever, may also show up soon after exposure to some indoor air pollutants.

Certain immediate effects are similar to those from colds or other viral diseases, so it is often difficult to determine if the symptoms are a result of exposure to indoor air pollution. For this reason, it is important to pay attention to the time and place the symptoms occur. If the symptoms fade or go away when a person is away from the home and return when the person returns, an effort should

be made to identify indoor air sources that may be possible causes. Some effects may be made worse by an inadequate supply of outdoor air or from the heating, cooling, or humidity conditions prevalent in the home.

Other health effects may show up either years after exposure has occurred or only after long or repeated periods of exposure. These effects, which include some respiratory diseases, heart disease, and cancer, can be severely debilitating or fatal. It is prudent to try to improve the indoor air quality in your home even if symptoms are not noticeable.

According to Etienne Chabot, Product Manager for Venmar Ventilation, Canada's leader in residential ventilation, the two most effective steps to purify your home environment and eliminate these hazardous pollutants are filtration and ventilation.

"To get the best of both worlds, we recommend a combination of an Advanced Ventilation System (AVS) with an Advanced Filtration System (AES)," he added.

"Proper ventilation ensures you will be getting the freshest possible air, while a state-of-the-art filtration system keeps those unwanted air particles out." With this approach, Chabot says the air you breathe is constantly circulated for optimum freshness while being simultaneously cleaned, for the healthiest possible air. For more information on indoor air quality call 1-800-567-3855 or visit www.venmar-ventilation.com.

—News Canada

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Gardening Tip
Tree Planting Instructions

Without trimming the central leader, thin interior branches and foliage plus remove crossing branches.

<p>1 or 2 Gallon Evergreen</p> <p>Choose from a large selection of cedar, juniper and much more.</p> <p>5⁴⁷ & up Each EVERY DAY</p>	<p>PlantSmart 20-10-5 Weed & Feed</p> <p>9 kg will cover approx. 400m².</p> <p>7⁶⁶ Each EVERY DAY</p>	<p>PlantSmart #1 Grade Rosebush</p> <p>Hybrid or tea roses.</p> <p>5⁹⁷ Each EVERY DAY</p>	<p>Sunshine Peat Moss</p> <p>3.8 cu./ft.</p> <p>4²³ Each EVERY DAY</p>
<p>Bedding Plant</p> <p>4 Pack</p> <p>.87 Each EVERY DAY</p>	<p>Impatiens</p> <p>4 Pack</p> <p>.84 Each EVERY DAY</p>	<p>Geraniums</p> <p>6 Pack</p> <p>5²⁷ Each EVERY DAY</p>	

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