

Air quality is important during the winter too

When it comes to our homes, there are many things to consider as the mercury drops, from weatherproofing doors and windows to replacing furnace filters and general maintenance to keep out cold drafts. While these activities can save us a few dollars in energy costs, they can also result in reduced fresh air-flow through the house, leading to poorer indoor air quality.

"The health of our lungs plays a large part in our overall state of health," says Lyndon Madden, marketing manager for Electrolux Home Care Products Canada. "Many people have concerns about outdoor air quality and the effects of pollution on their health, but few of us take the time to think about the quality of the air in our homes, which is just as important."

In Canada, the Lung Association works with partners including Beam Canada, of Electrolux Home Care Products Canada, to help Canadians understand and eliminate indoor pollutants. The Lung Association divides indoor air pollutants into two categories: biological and chemical.

Biological pollutants such as dust mites, pet dander and pests can easily be removed with a regular cleaning routine that includes vacuuming.

"Indoor air quality can be greatly improved with the use of a vacuum that has a sealed HEPA filter, or ideally, a central vacuum system," says Madden.

A central vacuum system takes dirt and dust off the floors and from the air, of the room, through a hose system in the wall and into a sealed canister located in the garage or

basement, ensuring that virtually no pollutants escape the vacuum.

The Lung Association classifies air-freshening sprays, pesticides and gas appliances that can emit harmful gases as chemical pollutants. These pollutants can be eliminated with regular appliance maintenance, venting and regular house cleaning using ecologically friendly products, which reduce the need for air fresheners, harsh chemical cleaners and pesticides.

To maintain cleaner indoor air, an essential part of a healthy home, there are several things you can do:

1. Vacuum air vents and heat registers seasonally
2. Use a ventilating bathroom fan and kitchen fume hood to extract humid air
3. Vacuum drapes, blinds and furniture regularly
4. Minimize the use of pesticides indoors by eliminating pests, source of food
5. Consider purchasing an air purifier with a HEPA filter
6. Keep your home clutter-free to reduce the surface area on which dust can collect
7. Replace traditional dusters with your vacuum's brush attachment
8. Install a carbon monoxide detector
9. Vacuum your mattress monthly to help remove dust mites
10. Wash or vacuum stuffed animals regularly

The Lung Association offers further tips on how to improve the air quality in your home with an interactive guide available at www.yourhealthyhome.ca.



Lynn & John Drewry

*Salesperson

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58 DAIRY DRIVE, ACTON

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