

# HEALTHY FAMILY HAPPY FAMILY

healthy news & information for you & your family

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## Help Purify Your Indoor Air this Winter with Guardian Technologies™ Home Environment Products

Every winter we button up our homes to keep out the drafts and keep in the heat. Good for our utility bills, but bad for our indoor air quality. Unfortunately, the double-paned windows, insulation and weatherstripping that keep the heat in also block the fresh, clean outside air from coming in!

As a result, the concentrations of allergens and pollutants in our homes rise during the winter. It's made worse when we turn on our furnaces for the first time and the dust in the ducts blows into the air. In regions where cold weather lasts from October to April, that means months of breathing dirty, dry air and the resulting sniffles, sneezes and respiratory problems.

You can hope for a warm spell that will let you throw open the windows or hold your breath until spring, but a more practical solution, one that works all day, every day, is an air cleaning system, such as those made by Guardian Technologies™.



These powerful germguardian® air cleaning systems will let you breathe easier all winter long!

1. The **germguardian® AC5000 3-in-1 Air Cleaning System** offers multiple levels of air purification. Its True HEPA filter captures 99.97 percent of airborne particles, down to 0.3 microns in size, including pet dander, mold spores and plant pollens. The UV-C light technology kills bacteria and viruses, while an activated carbon filter removes household odors and smoke particles. This sleek 28-inch tower is powerful enough for large rooms. *The AC5000 is available online and at Target stores.*

2. The **NEW germguardian® AC5250 Digital 3-in-1 Air Cleaning System** adds the ease and precision of digital controls to the multi-level cleaning power of the AC5000. Both towers have earned ENERGY STAR efficiency ratings from the U.S. Environmental Protection Agency. Both are whisper-quiet and come with five-year limited warranties. *The AC5250 is available online.*

For more information or to view the full-line of air cleaning systems, visit: [www.guardiantechnologies.com](http://www.guardiantechnologies.com).

## Indoor Air Pollution: IMPORTANT FACTS

**The sources of indoor air pollution include:** fireplaces, wood and gas stoves, heating systems, building materials and furnishings, paint, adhesives, varnish and pet dander.

**The effects of indoor air pollution can be felt immediately** as well as numerous years later.

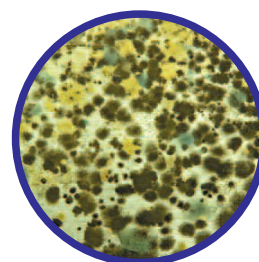
**Indoor air pollutants include:** tobacco smoke, bacteria, molds, dust mites, pollen, formaldehyde and other volatile organic compounds, asbestos, carbon monoxide, nitrogen dioxide, lead, mildew and pet dander.

**Houseplants cannot remove a significant amount of pollutants**

and, if underwatered, can produce micro-organisms that worsen allergies.

## HOW TO: PREVENT INDOOR AIR POLLUTION

- Use air cleaners and air cleaning systems.
- Postpone painting, varnishing and sanding until the warmer months when you can open windows and use fans.
- Eliminate sources of pollutants. If they can't be removed from the house, isolate them.
- Make sure fireplaces, hot water heaters, furnaces and gas stoves are properly vented.



Sources: United States EPA (online)