

Did You Know?

Air pollution has been linked to:
respiratory disease, sudden infant death
syndrome (SIDS) and heart disease in the elderly.



Childhood asthma rates have doubled in the last 20 years.



Outdoors, the burning of petroleum based fuels (gas, diesel, oil and coal)
is the main source of pollution, but indoor air pollution is also a concern.



Indoor air pollution results from: tobacco smoke, mold and mildew, and woodburning
stoves and fireplaces. Fumes from new furniture and carpeting, volatile paints and varnishes,
chemical “fresheners” and toxic cleaning products also add to the problem.

AIR POLLUTION

What Can YOU Do to Reduce Air Pollution?

Drive less. Walk or bike more. Use public transportation or carpools to work and play activities.



Keep indoor air clean. Open windows to air out the house. Don't smoke. Declare your house
and car “smoke-free” zones. Use solid wood flooring or natural, washable rugs instead
of wall-to-wall and/or synthetic carpeting.



Avoid heavy dust-collecting draperies and overstuffed furniture.



Wash stuffed toys regularly and dry them thoroughly.



Damp mop floors often and vacuum with a
HEPA filtration system.



Use allergy-protective
mattress pads and
pillow covers.