

# PROTECTING OUR HEALTH

## Total Comfort: Improving Indoor Air Quality

(NAPS)—You want a comfortable home and peace of mind for your family, but what about your home's indoor air?

A study by the U.S. Environmental Protection Agency (EPA) found that indoor air can actually be more polluted than the air outdoors. Considering that most Americans spend up to 90 percent of each day indoors—more than half of that time at home—you may be experiencing indoor air pollution without even knowing it.

Today, homes are sealed more tightly to conserve energy. Unfortunately, this seals in mold, pollen, bacteria and other pollutants. Since the EPA ranks indoor air pollution among the top five environmental risks to public health, many homeowners are concerned.

Ventilation systems, air treatment systems, air cleaners and even humidifiers can help improve air quality for a total comfort solution. Each offers a distinct method to help families breathe a little easier:

- Ventilation systems replace a portion of stale indoor air with fresh outdoor air, reducing energy loss in the process. Air exchangers from York® Heating and Cooling, for instance, let users manually or automatically adjust the fresh air flow. The units retain energy used to heat or cool the home, saving the homeowner money on utility bills.

- Ultraviolet air treatment systems are designed to prevent mold spore growth on air condi-



**Technology offers a number of ways to improve indoor air quality, making it easier to breathe.**

tioning coils. This technology, used for decades in water treatment, helps reduce allergic reactions to mold while enhancing overall air quality.

- Air cleaners offer an effective way to remove up to 94 percent of the particles—dust, pollens, pet dander, plant spores, fungi, bacteria, tobacco smoke, etc.—from the air that passes through the home. York offers both electronic and media air cleaners.

- Whole-house humidifiers replenish the much-needed moisture in the air inside the home. This is important because warm, dry air absorbs moisture from everything around it, and breathing this air can be difficult.

For more information on the technology of improving indoor air quality, visit [www.yorkupg.com](http://www.yorkupg.com) or call 1-800-910-YORK.