

Help Reduce Smoke in the Home from Wildfires; The American Lung Association Health House Program and 3M Offer Booklet With Home Air Quality Tips

Smoke from the ongoing wildfires in the western United States can travel hundreds of miles exposing millions of people to higher than normal levels of outdoor and indoor air pollution. Such pollution can result in increased respiratory problems, particularly for those with allergies and asthma.

For tips on how to reduce indoor air pollution, the American Lung Association Health House Program and 3M are offering "Breathe Easier: Home." This booklet can be obtained free of charge by sending an e-mail with your name and mailing address to: 3Mfiltrete@3Mservice.montagenet.com or by calling 1-800-388-3458.

Here are some tips to help reduce problems caused by polluted indoor and outdoor air:

- Stay aware of local weather reports for news of pollution blown in from fires nearby or other areas. Many communities offer forecasts for the next day's expected air pollution levels. Levels predicted to be orange, red or purple days signal unhealthy levels of ozone. However, pollution from fires may bring unhealthy levels of soot or fine particle pollution, which may be on days when ozone levels are not high.
- On days when air pollution from fires (or other sources) is predicted to be high, limit time spent outdoors and avoid exercise outside, especially if you have asthma, lung disease, or are a child or senior.
- Use a high-efficiency furnace filter and replace it every two to three months. A high-efficiency filter not only protects the furnace but also can capture up to 30 times more pollutants -- such as smoke, pet dander and pollen -- than standard fiberglass filters.
- So that air is always passing through the filter, run the furnace fan continuously regardless of the outdoor temperature. To do so, set the furnace thermostat to the "on," rather than the "auto," position.
- Have a professional inspect the furnace once a year to make sure that the air intake is adequate and the unit is operating at peak efficiency. A smooth-running furnace helps the filter capture more soot particles in the home.
- Prohibit smoking in the home.
- Make sure gas cooking appliances are vented to the outdoors.

The American Lung Association has been fighting lung disease for nearly 100 years through programs of education, advocacy and research, and has long been a leader in the clean air movement. The American Lung Association Health House program, a national education program, is raising the standard for healthier home environments through its national demonstration homes, training programs for consumers and builders, and educational partnerships and alliances. For more information about the Health House program, call 1-877-521-1491 or visit www.healthhouse.org. For more information about the American Lung Association's other programs and services, visit www.lungusa.org. 3M provides support to the American Lung Association Health House program for its ongoing efforts to generate awareness and educate people about indoor air quality issues. The American Lung Association and its Health House program do not endorse products.

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Note: A photo is available at URL: <http://www.businesswire.com/cgi-bin/photo.cgi?pw.103103/bb3>

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