PROTECT THE TWO MOST VALUABLE

PROTECT YOUR FAMILY

Poor Ventilation May Be Harmful to Your Family's Health

Builders and homeowners are doing all the right things to make homes more airtight and more energy efficient. They use vapor barriers, caulking, house wraps and better sealing doors and windows to reduce energy loss caused by air infiltration.

Today's homes eliminate nearly all wasteful air leaks, helping to control energy costs. Because homes are airtight, pollutants are trapped indoors. The health hazards from indoor air pollutants are broadly recognized as one of today's top environmental hazards.

Indoor air pollution is the uncomfortable or unhealthful presence of high levels of pollutants. Lingering odors may simply be a daily annoyance. Formaldehyde and other Volatile Organic Compounds (VOCs), cigarette smoke, radon, household cleaners, even perfumes can threaten health. Protect your family from the health problems that are associated with:

- **Carbon Dioxide (CO_2)** - can cause headaches, drowsiness and reduce mental acuity
- **Smoke** - can cause irritated eyes and respiratory problems like bronchitis and pneumonia
- **High Humidity** - promotes asthma, encourages fungal growth and house dust mites
- **Formaldehyde** - can cause headaches, sore throats, respiratory, eye and skin irritations, sinus problems, nasal congestion, hearing loss, arthritis, depression and memory impairments
- **Ammonia** - can cause eye, nose and respiratory tract irritation
- **Radon** - is an invisible, odorless gas that can seep into homes from the ground, and in time can cause cancer
- **Volatile Organic Compounds** - many building materials including paints, carpets and adhesives contain substances that outgas and can cause allergic reactions