

What the Experts Say About Indoor Air Quality & Your Health

Asthma & Allergy Foundation of America (AAFA):



"Allergies are the most frequently reported chronic condition in children, limiting activities for more than 40% of them. Allergy and asthma control begins at home. Many people with allergies stay indoors when outdoor air is full of pollen and spores. But dust mites, animal dander and even cockroaches can cause problems indoors. Controlling the air quality in your home, office and car can reduce allergy and asthma symptoms."

- Allergies are the 5th leading chronic disease in the U.S. among all ages.
- Approximately 50 million Americans suffer from allergies.



US Consumer Product Safety Commission:

"A growing body of scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities. Other research indicates that people spend approximately 90 percent of their time indoors. Thus, for many people, the risks to health may be greater due to exposure to air pollution indoors than outdoors."

American Lung Association (ALA):

"You may not know it, but the air in your home can be dirty and hazardous to your health. In fact, indoor air can be even more polluted than the air outdoors. The air in your home can threaten your family's health, especially if someone in your family has asthma or another lung disease."



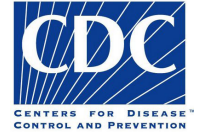
US Environmental Protection Agency (EPA):

"Immediate effects (of Indoor Air Pollution) may show up after a single exposure or repeated exposures. These include irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. Other health effects may show up either years after exposure has occurred or only after long or repeated periods of exposure. These effects, which include some respiratory diseases, heart disease, and cancer, can be severely debilitating or fatal.

It is prudent to try to improve the indoor air quality in your home even if symptoms are not noticeable.



Center For Disease Control & Prevention (CDC):



"Increases in air pollution have been linked to decreases in lung function and increases in heart attacks. High levels of air pollution according to the EPA Air Quality Index directly affect people with asthma and other types of lung or heart disease. The elderly and children are especially vulnerable to the effects of air pollution."

American Heart Association (AHA):

"...short-term exposure to airborne particles increases acute cardiovascular mortality as well as hospital admissions, and that long-term exposure reduces life expectancy."



American Academy of Allergy Asthma & Immunology (AAAA):



"...there is increasing recognition that other triggers such as small particulates (particulate matter) can also cause significant symptoms."

- 54.6% of all U.S. citizens test positive to one or more allergens
- Over 50% of homes had at least 6 detectable allergens present
- Allergies may affect as many as 40 to 50 million Americans

Occupational Safety & Health Administration (OSHA):



"Poor indoor air quality (IAQ) has been tied to symptoms like headaches, fatigue, trouble concentrating, and irritation of the eyes, nose, throat and lungs. Also, some specific diseases have been linked to specific air contaminants or indoor environments, like asthma with damp indoor environments."

World health and safety organizations agree. Poor indoor air quality can adversely affect your health and the health of those you love. Controlling indoor air quality is essential not only to your health, but your comfort as well. Learn more about how you can improve the quality of your indoor air at: www.generalfilters.com.

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