



TOP 5 WAYS TO SAVE MONEY AND LIVE HEALTHY

1. Change your air filters.

Many times HVAC filters can get clogged enough to slow down airflow and hinder the efficiency of your air system. You can improve your home's air quality and save money by replacing your home's HVAC filters and making sure your air vents are cleared. Lowe's can help you get started with premium electrostatic air filters that start at \$8 and can save you up to \$100 annually.

SOURCE: Money Magazine - October 2007

2. Thoroughly clean your carpet.

Dust mites and germs can hide in carpeting and upholstered furniture. If you're updating your home décor, choose floor coverings and fabrics that make it more difficult for germs to hide, like wood or tile flooring and leather or vinyl upholstery. If you prefer carpeting and fabric upholstery, clean them regularly with a HEPA Filter Vacuum (starts at \$80) and Dust Mite Spray (starts at \$9) available at Lowe's.

SOURCE: EPA

3. Improve your indoor air quality.

According to the EPA, Americans spend 90% of their time indoors, and sometimes air quality can be 2 to 5 times more dangerous than outdoor air. A great way to help improve indoor air quality is with an air purifier, which you can find at Lowe's starting at just \$65.

SOURCE: EPA

4. Make sure your surfaces are clean.

The human influenza virus can live on a surface for up to 8 hours, so the cleaner your surfaces, the healthier your family will be. Using anti-bacterial cleaning solutions and wipes and replacing your sponges on a regular basis will help kill germs on common household surfaces in bathrooms and kitchens. All-purpose cleaners and disinfecting wipes start at \$2 at Lowe's.

SOURCE: EPA

5. Ensure healthy drinking water.

Make sure your family is drinking the cleanest and safest water possible. The EPA estimates that 10-20% of human exposure to lead is from contaminated drinking water. Simply installing a whole-house water filter, faucet-filter or under-sink filter can ensure the quality of every sip you take. Find water filter options at Lowe's for as little as \$10.

SOURCE: EPA

