# Simple solutions for clean air and water



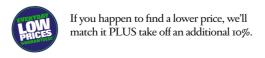


For more information, visit

#### Lowes.com/HealthyHome



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# Come to Lowe's for cleaner air and water

The quality of the air and water supply in many households is not as clean and safe as you might think. And some homeowners may be reluctant to take steps towards improvement because they think it may be expensive or time-consuming.



Lowe's offers simple and affordable solutions to drastically improve household air and water quality and create a healthy living environment. Plus, our knowledgeable staff is always willing to provide suggestions on the right solutions for you.

Visit Lowe's today — we want to be your healthy home partner.



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# Make your home's air cleaner and safer

The Environmental Protection Agency (EPA) ranks poor indoor air quality among the top five environmental risks to our health, and reports indicate that indoor concentrations of air contaminants can be up to five times higher than levels outside.

Everyday activities such as cooking and cleaning can increase concentrations of unclean air. Even dusting and vacuuming can do more to harm the air quality in your home than help if not done properly.



Pollen













Common household dust is actually made up of pollen, plant and mold spores, microscopic fungi, pet dander, dust mite debris, lint, smoke particles, bacteria and other contaminants that can adversely affect your health.





# Air Filters

Home air filters, also commonly called furnace filters, are your first line of defense for improved air quality in your home. Lowe's carries a wide selection of furnace filters in varied sizes to meet your needs. For best results, choose high-performance pleated filters and replace them at least once a month.



3M™ Ultra Allergen Filter \$15.97

#### All Filters Are Not Created Equal

The most commonly used fiberglass air filters primarily serve to protect the HVAC system's mechanical parts and are not very effective at removing contaminants from air. Reusable filters made of material that can be rinsed clean are also ineffective at filtering small particles. For better performance, look for high efficiency pleated filters with an electrostatic charge and greater surface area to capture more debris. These can attract and capture 10 to 30 times more airborne particles than basic fiberglass filters.

### What is "MERV"? (Minimum Efficiency Reporting Value)

Most filters are labeled with a MERV rating number, which measures a filter's ability to trap particles ranging in size from 3.0 microns to 10.0 microns. Residential filters commonly have MERV ratings of 1-12. The higher the MERV rating, the more efficient the filter. The American Lung Association recommends a MERV rating of 10 or higher.

**HEALTHY TIP:** 

Buy home air filters several at a time, so you'll always have one handy to make changing convenient.

# Air Purifiers

Air purifiers remove a high percentage of contaminants and allergens in the home by drawing air through a filter to trap particles. Clean air is circulated back into the room. They are typically stand-alone, portable units that clean the air in one room at a time. But there are also purifiers that can be installed in central heating and cooling system ducts to clean the air in the entire house.



Whirlpool® HEPA Filter Item #85508 – \$59.88

### Air purifiers use High Efficiency Particulate Arresting (HEPA) Filters

These premium HEPA filters consist of a core filter folded back and forth over corrugated separators. HEPA filters remove 99.97% of air pollutants 0.3 microns or larger from the air. Many air purifiers feature electronic replacement reminders.



When selecting an air purifier look for an AHAM seal for certified performance.

## The Clean Air Delivery Rate (CADR)

CADR measures the amount of clean air that a purifier delivers into a room. It gauges real world performance, taking into account filter efficiency, air flow and room size. CADR is the single most important piece of information you need to make a head to head comparison of air cleaner performance.



Hunter\* Ultra Ionizing HEPA Air Purifier Item# 163377 – \$198





## Live Plants

Placing live plants throughout your home adds oxygen to the air and improves overall air quality. Certain plants like Bamboo Palms, Spider Plants, Flowering Mums and the Peace Lily can reduce common household pollutants.

## HEPA Filtered Vacuums

To prevent your vacuum cleaner from spewing dust and debris into the air, select a vacuum with a HEPA sealed system filter. True HEPA vacuum filters have completely sealed airflow systems that reduce the amount of dirt recycled by the vacuum. HEPA vacuums are especially recommended for homes with allergy and asthma sufferers.

Dyson DC14 Animal Upright Vacuum Cleaner Item #217085 – **\$549** 



#### HEALTHY TIP:

Don't be misled by vacuum accessories calling themselves "HEPA-type" filters.

These are not actual HEPA filters and allow a greater percentage of allergens to be recycled.

Electrolux Item #183466 – \$298, 123992 – \$598, 202994 – \$998

# Humidifiers

Humidifiers are used to relieve the effects of dry air, including dry skin, scratchy throats and excess static electricity. As a health measure, running a humidifier can relieve respiratory problems and help maintain the body's defenses against colds and flu. Added humidity can also help you save money on energy bills, since humid air feels warmer than dry air at the same temperature.



Hanter<sup>a</sup> Hawidifer Item #141124 - \$69.98

#### Know Your Humidifiers

Several distinct categories of humidifiers are available including steam vaporizers, warm mist humidifiers, cool mist humidifiers and console humidifiers. When selecting a humidifier, take into account the capacity, purchase price, operating costs and maintenance costs of the unit.

#### Don't Over-Humidify

Excess moisture causes the growth of dust mites and molds in the home. Indoor relative humidity levels should not exceed 50 percent. Microorganisms can grow in humidifiers' water tanks, so proper care and cleaning is crucial.

HEAL'

HEALTHY TIP:

Look for low-maintenance humidifiers that have permanent built-in anti-microbial properties to inhibit the growth of becterie, modes and type:





# **Debumidifiers**

Reducing moisture in your home is the single most effective control for dust mites and molds that thrive in moist air. Ideal room conditions are humidity levels between 40 and 50 percent and temperatures between 68 - 70 degrees F. A dehumidifier can help maintain the relative humidity in your home at the ideal level. Keep the unit's coils and bucket clean to prevent any growth of microorganisms in and around the collected water. Dehumidifiers should be used only when room temperature is at least 70 degrees F. Ultra-low temperature models can be used in room temperatures as low as 44 degrees F.

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Whirlpool<sup>th</sup> Debawiddor Dow #196815 — JAW

#### HEALTHY TIP:

Look for dehumidifiers with convenient features such as automatic shut-off triggered by either air moisture levels or a full collection bucket, or a drain hose connection to allow the unit to empty into a floor drain.



# Make clean, safe water flow in your home

Your home's tap water can contains a startling variety of contaminants. Some of these may affect the water's taste or odor, while others could threaten your family's health. If your water smells or tastes bad, there is little doubt that impurities are present. Common contaminants include rust and sediment, which can collect as residue in your dishwasher, bathtub or commode.

If your house relies on a well, your water is more likely to be contaminated by bacteria and parasites. Certain parasites can survive even in chlorinated municipal water supplies, posing a potentially serious health risk.

If your home was built prior to 1986, your water may also be contaminated with lead from pipes used in construction or at your municipal water facility. Consumption of lead contaminated water can be very dangerous to your family's health.









Influenza virus



Mercury



Algae



Bacteria



# Water Filtration

The popularity of bottled water is on the rise as consumers become aware of the impurities that can be found in tap water. But bottled water can be expensive and inconvenient — and you can't even be certain of how pure it really is. A practical alternative is to use a water filtration system in your home.



There are two main categories of home water filtration systems: "point-of-entry" filters that treat all the water coming into the home, or "point-of-use" filters that clean a single water source.



Whirlpool® Whole House Large Capacity Prefiltration System Item #89378 – \$54.33

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# Point-of-Entry Filters

Also known as **whole home filters**, these are placed in the main water line and are designed to remove sediment and rust particles from all the water entering your home. In addition to improving the quality of drinking water, they help protect your plumbing and appliances that can be damaged by sediment.



Wbirlpool® Standard Whole House Clear Pre-Filtration System Item #89376 – \$31.73

# Point-of-Use Filters

These systems target filtration efforts on a specific source. Point-of-use filters come in many varieties — some effectively remove contaminants such as lead, bacteria and sediment, while others only remove bad tastes and odors. Be sure to choose a filter that suits your home's needs.



- Under sink filters provide maximum filtration to the water going to a specific faucet, with the unit placed conveniently out of plain view. In older homes with lead pipes or fixtures, under sink filters are especially recommended for safer drinking water.
- Faucet-mount filters connect directly to the faucet and require no plumbing connections. They are very easy to install but provide limited filtration compared to hidden under sink filters.

#### HEALTHY TIP:

All water filtration systems require ongoing care and maintenance to function properly.

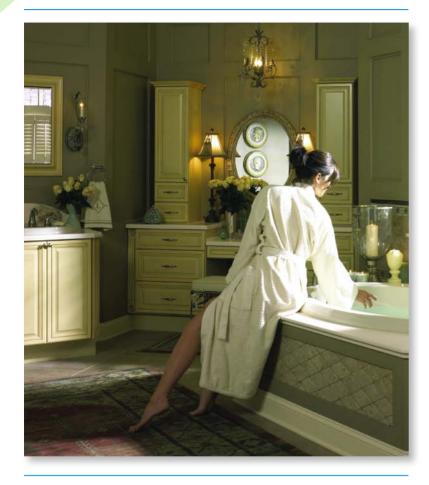
Be sure to change filter cartridges on a routine schedule according to the manufacturer's recommendations.

• Some refrigerators have builtin systems to filter water and ice. Otherwise, inline refrigerator filtration systems are available.



PUR Plus Item # 09536 **– \$19.97** 

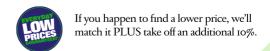
Visit Lowe's for everything you need to create a healthy home.



For cleaner air, cleaner water and everything you need to create a healthy home environment — come to Lowe's, or visit Lowes.com/HealthyHome.

# Try these tips for a healthy home environment

- Drink and cook with purified water. Bottled water works, but for the long-term, an under-the-sink or whole house water filtration system is less expensive and more convenient.
- Store kitchen sponges and dishrags where they can air-dry between uses. Replace or wash them in bleach regularly.
- Every time you take out the liner bag in the kitchen trash, spray the pail with disinfectant.
- Close the toilet lid when flushing. Every flush can spray liquid up to a 20-foot radius, leaving sinks, toothbrushes and makeup exposed to germs.
- Vacuum at least twice a week. A vacuum with an accordion-style HEPA filter is recommended.
- Dust with a damp cloth or a magnetically-charged dust cloth to keep dust from flying into the air.
- Wash sheets weekly and blankets at least every two weeks. Use hot water to kill dust mites.
- Bathe your pets once a week to reduce dander. Use an allergenreducing topical product on your pet's coat.
- · Install and maintain a carbon monoxide detector.



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