Healthier Homes Start at Lowe's.



www.lowes.com/healthy

Save energy, save money and make your home healthier.

Lowe's is the ENERGY STAR Partner of the Year— 3 Years in a Row



We know how much your home means to you and your family. That's why keeping it healthy is so important.

To get you started, we'll share smart, easy ideas and products that can help you enjoy purer water, fresher air and a cleaner yard. And we'll let you in on secrets that could save energy and money, too. You'll see how a little preventive care can truly make a difference.

For more tips to help you save energy, save money and make your home healthier, visit <u>www.lowes.com/healthy</u>

THE AVERAGE household spends approximately \$1,500 a year on energy bills. Rising costs of gas and oil could mean paying more. Imagine saving up to \$450 a year on energy bills.

Lowe's offers you simple ways to make your home more energy efficient—which could add up to big money savings*.

*Savings vary based on average utility rates

Energy Savings Healthy Home Tips 1. Change 5 of your most used Compact fluorescent bulbs with an ENERGY STAR label may use 2/3 less energy than standard incandeslights. cent ones and can last about 6 to 10 times longer, saving \$42 in energy costs over the life of the bulb. 2. Adjust your ceiling fan In winter, set fans low and clockwise to pull warm air from the ceiling. In summer, set it counterclockwise to settings. keep air moving. ENERGY STAR fans circulate air up to 20% more efficiently than conventional models. **Overdrying clothes wastes** 3. If your clothes dryer has an automatic cycle, use it. Drying your clothes longer than necessary energy. wastes energy and wears out clothes. 4. Use 25% less energy when With an ENERGY STAR gualified dishwasher, you can lower the temperature of your home's water washing dishes. heater from 140° F to a lower, and less costly, 120° F, saving about \$25-\$50 a year in energy costs. 5. Use a programmable A programmable ENERGY STAR gualified unit can be set to lower the heat when you're not at thermostat. home or while you're sleeping, and raise it an hour before you get home or wake up. When installed and used properly, it can save you about \$100 per year. Save water as you do laundry. 6. Want to save 10,000 gallons of water a year-enough to do laundry for one year? With an ENERGY STAR gualified washing machine you could. It uses 40% less water and 50% less energy than conventional models. And you could save \$45-\$130 a year in energy and water costs. 7. Upgrade an older-model An ENERGY STAR qualified fridge uses less electricity per year than a 75-watt light bulb left on all refrigerator. year, and it uses about half as much energy as a model manufactured before 1993. 8. Service your heating/cooling You'll enhance the efficiency of your radiators, boiler and air conditioners by cleaning and servicing them systems regularly. annually. 9. Keep air from leaking into, and On a windy day, use a candle or a piece of thread to determine if you have any drafts, Drafts can out of, your home. force your heating and cooling systems to work harder than necessary. Seal any gaps and cracks with air-sealing caulk or weatherstripping. 10. Have your chimney cleaned. Making sure your chimney is cleaned periodically can help ensure it's working as efficiently as possible. 11. Add insulation. Use insulation to reinforce sealed air leaks and keep your home's temperature at a comfortable level. The attic is the easiest place to start. You can also insulate crawlspace ceilings or walls. 12. Insulate your water heater. Water heaters are insulated, but you can always add even more. For a small investment, you can significantly reduce the amount of heat the unit loses. 13. Choose the right size air Choose the right capacity air conditioner. If the BTU count is too large for the room, the air conditioner. conditioner can leave the room damp, as well as waste energy. An ENERGY STAR gualified air conditioner uses 10% less energy than conventional models.



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ENJOY fresher air—from your kitchen, living room or anywhere in your home. Common things like cooking, cleaning, smoking or having a pet can increase concentrations of unclean air.

By following a few simple steps and choosing the right products, you can help improve the air quality in your home.

Fresh Air

14. Air purifiers help improve air Air purifiers remove a high percentage of contaminants and allergens in the home by drawing air through a filter and circulating clean air back into the room. quality. 15. Keep fresh air circulating to Keep your home well-ventilated to reduce the chance of mold growth. A well-ventilated home holds avoid mold growth. less vapor and has lower humidity, so mold is less likely to grow. 16. Air filters may remove dust, Home air filters are your first line of defense for improving the air quality of your home. Reusable and pollen and pet dander. fiberglass filters may not remove contaminants effectively. Opt for pleated filters with an electrostatic charger and a greater surface area. 17. Dehumidifiers may keep mold Reducing moisture in your home is the single most effective way to control dust mites and molds that out of your home. thrive in moist air. A dehumidifier can help maintain the proper level of humidity in your home. 18. Humidifiers relieve the effects If winter means dry skin, scratchy throats and lots of static electricity, you may have a problem with of drv air. low humidity. Humidifiers add moisture to the air, helping relieve respiratory problems and maintain the body's defense against colds and the flu. 19. Decorate with green. Live plants such as bamboo palms, spider plants, flowering mums and peace lily add oxygen to your air and reduce common household pollutants, improving the overall air quality in your home. 20. Use HEPA filtered vacuums. Cleaning and vacuuming can actually lower the guality of air in your home. So consider using a HEPA (Highly Efficient Particulate Arresting) filtered vacuum. It has a sealed airflow system that reduces the amount of dirt recycled by the vacuum. 21. Keep outside air from flowing Ensure that windows and doors are sealed tight. If they aren't, you may need to replace them with into, or out of, your home. newer, more efficient ones, or try caulking and weatherstripping. 22. Reduce dander by bathing Wash your pets once a week to decrease dander. You may also want to clean your pet's coat with pets often. specially formulated products that help with dander. 23. Close toilet lids to avoid Did you know that every time you flush, you can spray water up to a 20-foot radius? That means germs spraying germs. could spread to sinks, toothbrushes and makeup.

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Healthy Home Tips

A KEY to maintaining the wellness of your home is ensuring that you have pure, safe water. Unfortunately, the water in your dishwasher, bathtub or toilet could contain common contaminants including rust and sediment. If you have a well, your water is more likely to have bacteria and parasites.

We'll share simple ideas that can help you enjoy healthier water.

	Healthy Home Tips	Pure Water
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24.	Clean the tap water before it even enters your home.	Easy-to-install whole house filters can be placed in the main water line that enters your home. They are designed to remove sediment and rust particles from all your water.
25.	Purify your water with an under sink filter.	Under sink filters are mounted out of view and offer maximum filtration to water flowing through one specific faucet, like your kitchen sink. Also, be sure to replace all your filters regularly. Check with the manufacturer for more information.
26.	Imagine cleaner water from your kitchen sink.	An inexpensive way to make sure your water is clean is to use a filter that's mounted directly to the kitchen faucet. It connects directly to the faucet so no plumbing is required. For maximum results, consider an under sink filter.
27.	Use a refrigerator with a built- in filtration system.	Many refrigerators make it simple to enjoy purified water. They come with filters already built into the unit.

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WHEN YOU think about fall, you probably picture beautiful autumn colors, cooler weather and football season. But it's also the time of year to start thinking about your home—from the outside.

We'll show you how the right maintenance and care for your lawn, gutters and deck can rejuvenate your property and keep it in great shape all year long.

	Healthy Home Tips	Clean Yard
	5	
28.	Maintain gutters.	Prevent water-erosion damage from compromising your home's foundation. At least twice a year, clear gutters of leaves, twigs and other caked buildups. Inspect for corrosion, holes, leaking joints or loose, missing or bent hangers.
29.	Clear leaves from your lawn.	Control lawn disease, critters and even mold and allergens by removing leaves, sticks, rocks and debris. They can harbor pests and diseases over the winter and keep next year's lawn from being healthy.
30.	Design a fall garden.	Make room in your garden for annuals like chrysanthemums, impatiens, ornamental cabbage and pansies by taking summer plants indoors. Plant late vegetable crops like spinach or turnips.

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AT LOWES.COM, you'll find just the right amount of guidance to help you with your home improvements.

We're here to help.

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HOW-TO CLINICS No other home improvement retailer has more experience, resources or How-To knowledge for customers. Our trained experts offer a variety of free how-to clinics that will guide you through every step of your project.

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