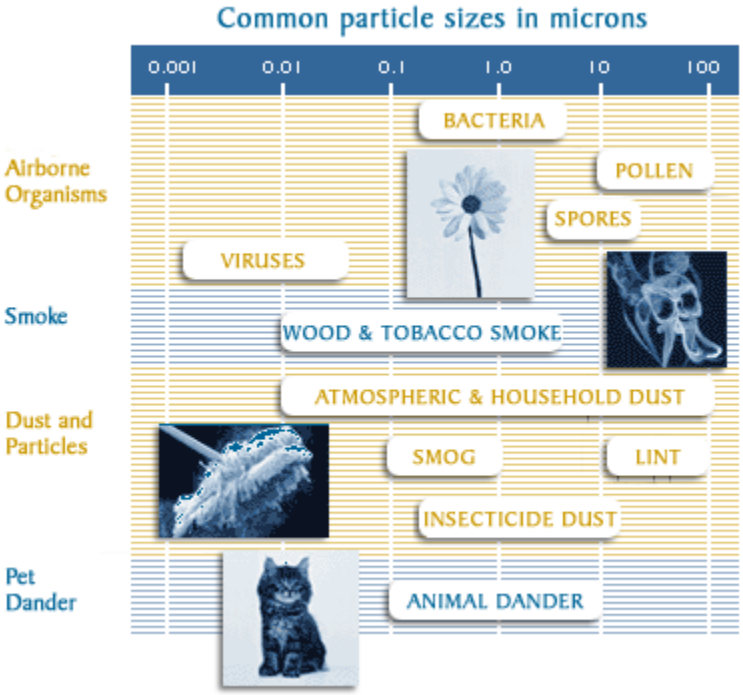
Health Minute

The dirt on air filters...

No matter how well you clean, particles (pollen, mold spores, bacteria, pet dander, lint) and other contaminants will still circulate throughout your home. Many of these particles are so tiny that they cannot be seen by the naked eye. With indoor air pollution rated by the EPA as one of the top five risks to public health, it is important to consider ways to improve the air you breathe. Start at home – purchase quality air filters and change them often. At work, ask what kinds of filters are used and how often they are changed. Check with your doctor's office and local hospital to ensure that they are caring for you and your family by providing clean air to breathe. Your heart will thank you for it.



Filter Ratings	**Buying Filters**
Minimum Efficiency Report Value (MERV) – the higher the MERV rating, the better the filter is at trapping particles between 0.3 and 10 microns Microparticle Performance Rating (MPV) – how well a filter can capture particles from 0.3 to 1 micron	Choose the highest MERV/MPV you can afford Pleated filters provide additional surface area for trapping particles Electro statically charged filters can attract and capture particles that other filters can miss. HEPA filters capture 99.7% of particles larger than 0.3 microns