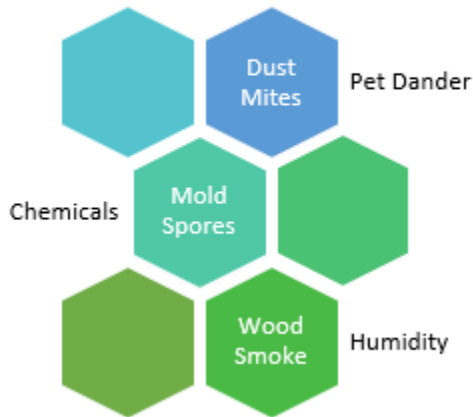


HEALTHY HOMES – AIR PURIFIERS

Millions of people suffer from allergies and while many associate their allergy triggers with outside air quality issues like pollen or dust, the air quality inside our homes can have an even greater impact. Children and elders are more likely to experience serious breathing problems due to indoor air pollutants. **One way to tell if a**

Common Indoor Air Pollutants



household member has indoor air allergies is if the symptoms seem to improve when outside the home or on a trip to town. If the symptoms come back when they return home, they may be allergic to common indoor pollutants.

Louden Tribal Council has a limited number of Healthy Homes Kits available! They include a green cleaning starter kit, humidity monitor and pillowcase cover. Please contact the office if you'd like one!

There are some **simple behavior changes** that can address many of these pollutants. They include:

- **Dusting and vacuuming once a week**
- **Transitioning to green cleaning products**
- **Using a humidifier or dehumidifier**

Another solution is to use an air purifier. These can be purchased online or you can make your own air filter with a box fan, MERV 13 filter(s) and duct tape!



If you decide to buy an air purifier, make sure the product description says **“OZONE FREE”!** Some air purifiers emit ozone which is also bad for your health.



For more information or to request a Healthy Home Kit please contact Brooke Sanderson at (907) 656-1711 or brooke.sanderson@loudentribe.com