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# NEWS

## Get Fresh Air Indoors

*Combat® Insecticides offers tips for creating a healthier home environment*

### Indoor Air Quality Facts

- The Environmental Protection Agency (EPA) has identified indoor air quality as one of the top five most urgent environmental risks to public health.
- From allergens to mold to carbon monoxide, healthy indoor air quality is an important concern in any home since people spend approximately 90 percent of their time indoors, according to the EPA.
- Indoor air quality problems can be caused by indoor air pollution sources, including the cockroach allergen, pet dander, oil, gas, kerosene, building materials, damp carpet, cleaning products and outdoor pollution leaking inside.
- Unhealthy air quality can induce health problems:
  - **Short-term:** irritated eyes, runny nose, sore throat and headaches.
  - **Long-term:** asthma, heart disease, respiratory disease or even cancer.

### **Tips on How to Make Indoor Air Healthier From Dr. Gretchen Phillips**

- Vacuum often, at least two to three times a week.
- Vacuum cleaner should be HEPA certified or double-bagged to prevent particle proliferation.
- Limit pet access to private areas like bedrooms.
- Absolutely no smoking.
- Use air conditioning in the summer to prevent outside irritants from getting inside.

### Causes of Indoor Air Pollution

- Scented candles and incense
- Poor ventilation
- Cockroaches
- Mold
- Animal dander
- Secondhand smoke
- Filter neglect

*Dr. Phillips is a family physician at Fairview Hospitals in Minnesota. Call for an interview.*

## **63 Percent of Homes are Affected by the Cockroach Allergen**

- Of all indoor air pollutants, the cockroach allergen is one of the most common in homes around the country.
- Around 63 percent of all U.S. households have a detectable level of the cockroach allergen in the home, according to a 2005 study by The National Institute of Environmental Health Sciences.
- The link between cockroaches and asthma has been found in scientific research dating back to the 1970s. Between 78 and 98 percent of urban homes have cockroaches, and 23 to 60 percent of urban residents are allergic to the cockroach allergen, according to the Asthma and Allergy Foundation of America.
- Combat® brand is focusing on communicating the importance of the cockroach allergen in creating unhealthy indoor air environments because of the strong connection between cockroach infestation and respiratory problems, especially among youth.
- Combat cockroach control products include gels and baits. These products are placed and left where cockroaches are seen. Cockroaches feed at the bait then take the poison back to their nest where they kill the entire population, not just the cockroaches that are visible. Eliminating the cockroach problem will help to manage the indoor air quality.

## **Quotes**

### **Dr. Gretchen Phillips**

- "The best thing about creating healthy indoor air environments is it's a very simple and affordable process."
- "Whether I'm talking to patients in clinic or on the radio, my best medical advice is consistent and simple. It's all about prevention, prevention, prevention."
- "In our efforts to improve our health, a lot more attention should be given to improving indoor air quality."

## **About**

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