



You can easily clean up bad indoor air quality at home with just a few lifestyle changes and adjustments in your air-quality management.

According to the American Lung Association, here's how:

- The best way to freshen air is to clean up the source of odors and ventilate, such as running bathroom exhaust fans. Run fans that exhaust to the outside, such as those in the kitchen or bath, or open windows and place window fans to blow air out. Add ventilation when you use household cleaning products indoors.
- From cleansers to pet shampoos, some household cleaners leave behind harmful chemicals or give off gases that can irritate or harm your lungs. Read the small print on labels before purchasing any household chemical, including health and beauty products and air “fresheners.” If the product has an Environmental Protection Agency (EPA) number, the product is classified as a pesticide. But that doesn't mean it's safe. Labels like “organic” and “natural” do not mean a product is safe for everyone, either.
- Don't be so quick to turn off exhaust fans in the bathroom or kitchen. They help remove both moisture and air pollutants. Install a quiet, low-energy model. The air inside your home, where you spend most of your time, can be two to five times more polluted than air outdoors.
- Change the way you clean. Dust mites are everywhere and they trigger allergic reactions ranging from sneezing to asthma attacks. A central vacuum cleaner vented to the outdoors is best, but a vacuum cleaner with a micro filter bag or High Efficiency Particulate Air (HEPA) filter will also help remove allergens. If the yuck factor motivates you, consider this – dust mites feed on skin flakes. Clean up one *yech* and you get the other.
- Hard-surface floors like wood, tile or linoleum are easier to clean than carpeted floors. Real hardwood flooring is a better deal – when it comes to breathing easy – than engineered wood products used in flooring, which can contain volatile organic compounds (VOCs).
- Damp mopping or using a damp cloth to clean hard surfaces at least once a week is a better approach than “dry dusting,” which just stirs up the mites and other particles.
- Relative humidity higher than 50 percent helps not only mold and dust mites thrive, but creepy cockroaches too.
- If someone in your family has allergies or asthma, it's important to encase their mattress and pillows in dust-proof or allergen-impermeable covers and replace wool or feather-stuffed bedding materials with synthetic materials. Wool or feather-stuffed bedding attracts more dust mites than synthetics.
- All combustion appliances that burn gas, oil or wood emit carbon monoxide and other dangerous gases. Properly installed appliances vent the fumes outside, but you should have a carbon monoxide detector in your home and smoke alarms, installed as close to sleeping areas as possible.

- Use paint and other finishing products with reduced or no VOCs to lower the amount of chemical emissions introduced into the home.
- When possible, replace standard heating and air-conditioning filters with washable electrostatic filters, which are more effective at capturing small particles that can get trapped in your lungs. Wash the filter at least monthly, more frequently for high-pollution conditions, such as during building construction or renovation.
- Adding a whole-house air filtration and ventilation system (such as the Energy Recovery Ventilator) is like giving your home a set of lungs. The system provides your home – the hearth – with a continuous supply of fresh, filtered air.

For more clean-air management assistance, visit the American Lung Association's online Health House (www.healthhouse.org), where you can test your clean-air knowledge and ferret out information tailored to meet household needs.

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281 Tigerwood Court ... \$3,699,500


Elegant Craftsman Style custom home in the extraordinary Job's Peak Ranch gated community along the foothills of Carson Valley. This home was created to capture your heart & soul with its lush setting of wooded sprawling lawns & year round stream. Savor the scents of pines, quaking aspens & the sights & sounds of wildlife in your backyard. You know that you are in an incredibly special place when you approach the front entry with its stone pillared grand entry & granite boulder waterfall feature. The grand living room features floor to ceiling windows, soaring 25' ceilings & a 22' granite fireplace. 2.83 Ac; 7085 SqFt; 6 bedrms, 6 full baths + 2 half baths & a 4 car garage.



420 Cuttin Loose Lane ... \$1,199,000

Handsome ranch style home on one of the most extraordinary lots in the Carson Valley with mature tree filled lawns & a creek-fed pond. Truly an oasis that you must see to appreciate after you have looked at all the others! Guest wing with separate entrance, 2 bedrooms, full bath and living area. There are 2 bedrooms plus a huge size office in the main wing. A spacious great room with ledgestone wood burning fireplace is across from the dining area with windows to magnificent Job's Peak. Horses OK! Lots of room and a covered shed at the south end of the property for your horses. 1.63 Acres; 4 bedrooms, 3 baths in 3490 square feet; plus a 2 car detached garage.

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