

Indoor air quality and your health



Most of us spend about 90% of our time indoors and often don't think about the quality of the air we breathe. However, air pollutants inside are often 2 to 5 times higher than typical outdoor levels. Indoor air pollution sources include cleaning supplies and household products; combustion sources like tobacco, gas, or wood-burning appliances; pet dander; and even outdoor pollutants that enter through windows, doors, or poorly insulated spaces. Health effects associated with indoor air pollution include eye, nose, and throat irritation; headaches; respiratory disease; heart disease; and cancer. While they do not remove all types of air pollutants, air cleaners can be used to reduce the levels of some indoor air pollutants.

Air cleaners can help you breathe easy indoors.

Portable air cleaners (also called air purifiers or air filters) can improve your indoor air quality, reducing airborne allergens (pollen and dust), wildfire smoke, and other air pollution inside your home. Air cleaners can be used to improve allergy and asthma symptoms caused by air pollution, alongside the treatment plan recommended by your care team.

We recommend replacing the filter in your portable air cleaner once every 6 to 12 months. In very dusty rooms, you may need to replace your filter more often.

What to look for in a portable air cleaner:

- Devices that use a "True HEPA" filter. Avoid terms like "HEPA-like."
- Cost of the replacement filters. Some air cleaners appear affordable but can be more expensive to keep running each year when considering filter costs.
- Devices with certification such as CARB-certified and AHAM Verifide®
- Avoid the following technologies: ionizers, bipolar ionizers, and ozone-generators.



CARB-certified – means the air cleaner will not produce ozone and is certified for electrical safety.



AHAM Verifide® – means the device has been independently verified to meet any stated performance claims.

How do you properly size an air cleaner for your home?

An important consideration for your air cleaner is the Clean Air Delivery Rate (CADR). This number shows how much filtered air the cleaner can produce per minute. Look for a CADR that will allow the cleaner to cycle through the air in your room 3 to 5 times per hour. The chart below can help you properly size the cleaner. Do NOT look at the room sizes recommended on the box or sales website, as calculations for these recommendations vary by manufacturer.

Room Size (square feet)	Recommended Clean Air Delivery Rate (CADR)
Small (100 ft ²)	40 to 80 CFM
Medium (200 ft ²)	80 to 160 CFM
Large (400 ft ²)	160 to 300 CFM

**Room sizes assume an 8-foot ceiling. If you have high ceilings, you may want to size up your air cleaner.*

To see if the air cleaner you are considering is AHAM verified, visit:

<https://www.ahamdir.com/directory>

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Examples of air cleaners with recommended features can be found at:

<https://rampasthma.org/air-cleaners-for-asthma-programs>

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