

# Particle Pollution in Your Home

The best ways to improve your indoor air quality are to:

- 1) Prevent pollutants from getting indoors (this is called source control); and
- 2) Using ventilation to exhaust pollutants outdoors.

However, even when you use these two strategies, some pollutants will still remain indoors.

Air cleaning devices can help by removing pollution particles before you and your family can breathe them in.



## Why Particles Are a Problem

Particle pollution comes from very tiny pieces of solids or liquids that are floating in your indoor air. These particles--often called Particulate Matter (PM)- can include dust, pollen, mold, soot, smoke, drops of liquid, as well as viruses and bacteria. Some particles are large enough to see--such as dust in the sunlight--others are too small to see--such as virus particles.

According to the U.S. CDC, breathing in particles can impact the health of you and your family. Larger particles (larger than 10 micrometers or PM10) can cause eye, nose, and throat irritation. Smaller particles (larger than 2.5 micrometers or PM2.5) are more likely to be inhaled deep into your lungs, where they can induce coughs, worsen asthma, cause lung inflammation, and aggravate heart disease.

Small particles are created from every day living activities: cooking, cleaning, bathing, and heating your home are all likely to generate particle pollution that can impact your health.

## Removing Particles From Your Indoor Environment: Filter Your Air

Filtration is the process of capturing airborne particles, including very small particles like COVID-19, on a filter surface where they can no longer be inhaled by people. All filtration devices and options require a mechanical fan. The fan creates airflow which carries small particles in the air stream. When the air stream flows through the filter, the particles get trapped.

Stand alone filtration devices (portable air cleaners) are an excellent option to remove airborne particles in spaces with little or no mechanical ventilation. They don't need professional installation and they are small enough to move around your home wherever needed.

Do your homework when selecting an air cleaning device. It should have safe technology, be powerful enough to filter the space in which you place it, and have filters that are capable of capturing very small particles, such as PM2.5.

More on reverse.

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## What to Look For When Buying An Air Cleaner

### Safe for people:

Buyer beware! Some devices put other elements (such as ozone) into the indoor environment, and may not be healthy for people. One safe option is HEPA filtration. It is a time-tested, readily-available, and easy-to-maintain technology.

### Match it to your space:

Choose an air cleaner big enough to handle the space you plan to place it in. Most portable air cleaning devices have a clean air delivery rating (CADR). The higher the CADR rating, the more filtered air the unit can provide, and therefore the larger the space it can filter.

### Pick the right filter rating:

A portable air cleaner being used to reduce exposure to very small particles (PM2.5 or less) needs to be able to capture very small particles. Look for HEPA, MERV-13, ePM1, MPR1900, and FPR10.

### You don't need to kill stuff

The primary function of any portable air cleaner is to filter particles from the indoor air. Additional features designed to "kill" or "inactivate" virus particles are not necessary.

## Learn More...



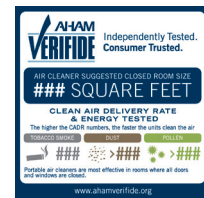
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No  
Kill  
Zone

