

ASTHMA & ALLERGY ALER T

A Publication of Asthma & Allergy Affiliates of the North Shore

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Indoor Air Cleaning Tips

Medical experts as well as the federal Environmental Protection Agency agree that an air purifier won't alleviate carbon monoxide, viruses, and dust mites. While HEPA-filtered air purifiers can trap dust, smoke particles, pollen, and pet dander, you can reduce all of those allergens without opening your wallet. Here are some low- and no-cost steps to follow before buying an air purifier:

ELIMINATE CAUSES

Remove or reduce pollution sources. Ban indoor smoking. Avoid candles, incense, air fresheners, wood-burning fires, and scented cleaners. Vacuum often, using a low-emissions machine. Keep dust-sensitive people out of the area when vacuuming. Don't get pets if you're allergic; if



you already have them, keep them out of the bedroom.

Minimize dust mites. Encase pillows (as shown above), mattresses, and box springs in mite-proof covers. Wash laundry in the hottest water you can. Avoid carpeting and other furnishings that accumulate dust and harbor mites.

Control harmful gases. Test for radon with a kit (about \$15). Minimize carbon-monoxide risks; don't idle cars or fuel-burning equipment in garages or

basements. Don't store or use chemicals, solvents, glues, or pesticides in the house.

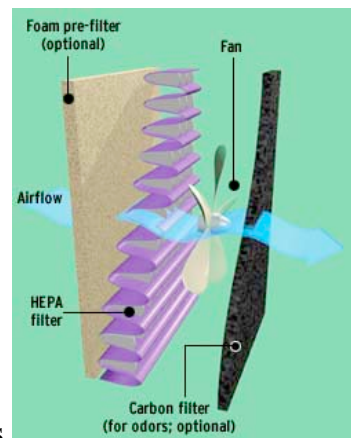
VENTILATE ROOMS

Open windows and doors. Do both based on weather and outdoor air quality.

Use outdoor-venting fans. Putting these fans in the kitchen, bathroom, and laundry areas helps expel combustion gases, odors, and excessive moisture, which can breed mold and other allergens.



Vent heating equipment and appliances properly. This includes maintaining heating equipment, chimneys, and vents to properly remove combustion gases such as carbon monoxide from indoors. Install carbon-monoxide alarms



How a HEPA filter works

Expert • Independent • Nonprofit

ConsumerReports.org®

Availability Most models at stores through April 2008.
Within types, in performance order.

* Indicates Quick Pick.

Excellent Very good Good Fair Poor

Brand & model		Price	Annual costs	Overall score						Test results		Smoke removal		Noise			
Quick picks	Similar model in small type, is comparable to tested model.		Energy	Filter	0 P F G V6 E 100						High speed	Low speed	High speed	Low speed	High speed	Low speed	Ozone emission
FILTER PURIFIERS <i>Most use HEPA filtration, and none emit ozone</i>																	
*	Whirlpool Whispure AP45030S	\$230	\$77	\$130	63						●	○	●	○	○	●	-
*	Kenmore Progressive 83202 Whirlpool AP510303	270	81	145	57						●	○	●	○	○	●	-

Availability Most models at stores and online through 2008.
Within types, in performance order.

* Indicates Quick Pick.

Excellent Very good Good Fair Poor

Quick picks	Brand & model	Price	Specs		Overall score	Test results				Features	
			Tank size (pt.)	Claimed pt./day		Water removal	Humidistat accuracy	Energy efficiency	Noise	Digital display	Frost control
0	P	F	G	V6	E	100					

LARGE-CAPACITY Best for large, wet spaces.											
*	Danby DDR606 CR Best Buy	\$250	15	60	<div><div></div></div> 87	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
*	GE AHK65LK	320	18	65	<div><div></div></div> 79	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
*	Kenmore (Sears) 54701	250	17	70	<div><div></div></div> 77	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Comfort-Aire BHD-651	300	16	65	<div><div></div></div> 74	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Amcor AHD-65E	225	22	65	<div><div></div></div> 69	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Sunpentown SD-60E	250	20	60	<div><div></div></div> 69	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Whirlpool AD75UST	240	11	75	<div><div></div></div> 64	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	LG LDH65EBL	220	16	65	<div><div></div></div> 62	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Haier HD656E	200	23	65	<div><div></div></div> 62	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>

MEDIUM-CAPACITY Best for medium-sized or large, damp to wet spaces.											
*	LG LHD45EL CR Best Buy	200	17	45	<div><div></div></div> 73	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
*	Kenmore (Sears) 54501	200	17	50	<div><div></div></div> 70	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Whirlpool AD50USS	190	11	50	<div><div></div></div> 68	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	DeLonghi DE500p	330	11	50	<div><div></div></div> 67	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>

SMALL-CAPACITY Best for smaller spaces that are damp, rather than wet.											
*	Haier HD306	140	23	30	<div><div></div></div> 73	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Bionaire BDQ25-UC	225	17	40	<div><div></div></div> 71	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
*	Whirlpool AD25DSS	140	10	25	<div><div></div></div> 65	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	GoldStar GHD30	140	16	30	<div><div></div></div> 58	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>

□ Did not restart after simulated blackouts.