



DAN COOK PHOTO

Ray Daminger, president of DelmarvaAir in Lewes, recommends using a Miele vacuum to retain dust and other indoor air pollutants that aggravate allergies and asthma. DelmarvaAir is located a quarter mile north of Five Points, across from St. Jude's Catholic Church.

Achoo! Limit Indoor Allergens and Spare the Sneezing

According to a recent survey by the American Lung Association, 90 percent of homeowners polled were not aware that exposure to poor indoor air quality can lead to major health problems. Results from the study proved that the concept of indoor air pollution remains relatively ambiguous to most homeowners.

Gerry Gagnon, Product and Market Manager for Venmar Ventilation, the leader in state-of-the-art air ventilation systems, explains: "Most people feel safe in their homes and simply put, affiliate air toxins with the outdoor environment, particularly with concern for acid rain, ozone, smog etc. Overall, little emphasis is placed on the possibility of indoor health related illness, except in

regard to the ambient air or toxic exposures in the work place."

Despite this commonly held belief, there is now growing evidence that indoor air pollution can adversely affect human health.

The Environmental Protection Agency (EPA) has determined that indoor pollution may be 100 times higher than pollution outside.

Today's well-insulated homes only exacerbate the problem as they often lack the ability to "breathe" freely. Changes in construction methods driven by energy and efficiency issues since the 1970s, combined with traditional construction materials and finishes being used, "seal inside" the allergens, irritants, and toxins, driving the astro-

nomical increases in respiratory disorders being seen today.

Different homes have different problem areas. For some homes, it might be as serious as high humidity in the attic that's eating its way through the roof; while for others it might be simply a poorly ventilated kitchen that causes unwanted lingering odors. In most cases, homes have an overly humid basement that breeds molds and other unhealthy micro-organisms.

According to a recent report by the Commission for Environmental Co-operation, asthma rates among children in North America are now four times higher than they were 20 years ago.

Experts believe the reason for these

Continued on page 14