



Stirling Technology, Inc.

Asthma Fact Sheet

- There are three major strategies for reducing indoor air pollution and we agree with the U.S. EPA that, in order of overall effectiveness, these strategies are source control, **ventilation**, and air cleaning. *The American Lung Association*
- Air cleaning is one of three methods of reducing pollutants in indoor air. In order of effectiveness, the three methods are: Removal of the source or control of its emissions, ventilation, and air cleaning. Air cleaning can be used as an adjunct to source control and **ventilation**. However, air cleaning alone cannot adequately remove all of the pollutants typically found in indoor air. *EPA*
- Three California researchers, . . . both from Indoor Environmental Engineering in San Francisco, studied six air cleaners used in conjunction with residential forced-air heating and cooling systems to determine their effectiveness at reducing indoor air particles. The study concluded that while these devices can reduce indoor air particles, they do not eliminate the need for effective **ventilation**. *ASHRAE*
- Individuals with underlying pulmonary disease such as asthma are more susceptible than others to acute exposure to . . . indoor air contaminants and experience coughing and wheezing at low levels of exposure. . . . Unless adequate **ventilation** and source controls are utilized and adequately maintained, many of these chemical contaminants can concentrate to levels that induce symptoms. *U.S. Dept. of Labor OSHA Report*
- The impact on children's health is inextricably linked with housing. The elimination of identified residential risk factors associated with asthma would result in a 39% decline in doctor-diagnosed asthma in children under six. *Pediatrics, March 2001*
- The smaller the particulate, the more effective ventilation is at removing it. The smaller and lighter the particulate, the slower it moves through the air. The longer a particulate remains airborne, the greater the chance ventilation has of removing it altogether. Increasing **ventilation** rates to a high value should decrease indoor concentrations of indoor generated particles 1 micron and smaller by up to 80%. *National Research Council, Harvard University, 2000*

**For more information about asthma and ventilation,
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*Stirling Technology is home of the RecoupAerator® home air cleaning system,
the #1-rated energy recovery ventilator.*