

# "WHEN YOU CAN'T BREATHE, NOTHING ELSE MATTERS"

(American Lung Association)

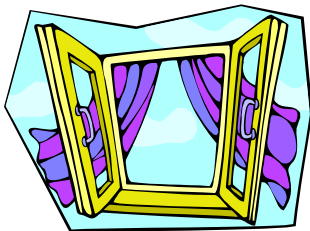
Breathing is essential for survival. Each lung contains 300 million microscopic aveoli, delicate sacs that allow oxygen to enter the bloodstream and carbon monoxide to leave the body. It's no small task ... adults take up to 28,000 breaths each day, children up to 43,000. Protect your lungs:

- ❑ **IF YOU SMOKE ... QUIT!** Smoking is the Number One *preventable* cause of lung cancer and contributes to other cancers, heart disease, asthma, chronic bronchitis and emphysema. Don't allow smoking in your home or car. For information on how to quit, visit [www.nj.quitnet.com](http://www.nj.quitnet.com) or call toll-free **(866) 657-8677**.
- ❑ **GET A FLU SHOT EVERY YEAR.** Complications from flu and pneumonia are responsible for approximately 36,000 deaths each year in the United States. Ask your doctor if you are a candidate for a pneumonia shot, too.
- ❑ **MONITOR OUTDOOR AIR QUALITY.** Pollen, particulates ("air pollution") and ozone can affect breathing. Call **1-800-782-0160** for the NJ Department of Environmental Protection's pre-recorded message on the daily air quality.



Most people spend up to 90% of their time indoors, so keep your home healthy:

- ❑ **IDENTIFY AND CONTROL THE SOURCE.** Take an inventory of potential indoor air pollution sources. Seal or enclose sources like asbestos. Adjust gas stoves to reduce emissions and properly vent wood stoves. Store chemicals, paints and pesticides in a shed or a well vented garage. Reduce biological pollutants by monitoring and reducing indoor humidity, dry or replace water damaged carpets or building materials and frequently disinfect humidifiers.
- ❑ **LOOK FOR A SAFER ALTERNATIVE**, either with the products that you use, or how you use them. Continuous release air fresheners, toilet bowl bleach blocks and mothballs allow a constant release of pollutants into the air: use products only as needed. Try more natural alternatives, such as lemon juice and borax paste instead of caustic toilet bowl cleaner, or baking soda, vinegar and "elbow grease" instead of a commercial tub 'n tile cleaner.
- ❑ **INSTALL CARBON MONOXIDE DETECTORS.** Carbon monoxide is colorless, odorless and tasteless. Clean chimneys and fireplace flues periodically, have a professional inspect heating systems and home furnaces before each heating season, and when installing new or replacement appliances. If you suspect you are being exposed to carbon monoxide, get fresh air immediately.
- ❑ **TEST FOR RADON.** A simple test can determine if your home has an unsafe level of radon. Many methods of lowering radon are easy and inexpensive.



- ❑ **INCREASE VENTILATION.** Most home heating and cooling systems do not bring fresh air into the house. Energy efficient measures like storm windows, caulking, weather stripping, insulation and sealing ducts can further reduce the amount of air exchange. As the weather allows, open windows and use window or attic fans. "Crack a window" in the winter to allow a little fresh air into the house without greatly increasing your heating bill.
- ❑ **USE AN AIR CLEANER.** This does *not* mean spraying an air deodorizer or using a continuous release "plug-in" freshener. A portable tabletop or canister model, or a whole-house filter system will mechanically clean the air - choose a model with a "HEPA" filter.

**MANALAPAN HEALTH DEPARTMENT**