

Participate in In-home Surveys



***Indoor Air Quality Monitoring and
Home Energy Leadership
Grand prize!!***

Sign up now to have your home's air quality monitored and help getting your energy cost lower for **free** and be entered into a drawing to win...

A Cord of **Fire** Wood
Or
The Same Cost in
Heating Fuel

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In This Issue

Grand Prize Announcement

*Causes of Unhealthy Air
Quality*

HIA Air Quality Study

*Free and Easy Ways To
Improve Air Quality In Your
Home*



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WHAT'S IN YOUR AIR?

The most common causes of unhealthy air quality :

- Not enough ventilation causing lack of fresh outdoor air or contaminated air being brought into the home.
- Dampness and moisture damage due to leaks, flooding or high humidity
- Smoke is a huge factor, it is made up of many sizes of particulate matter PM2.5 is especially hazardous to our health and occurs when lighting incense or scented candles, smoking in your home, burning wood that is above 20% moisture, and cooking.



The IGAP Department is continuing our work to improve indoor air quality in Hoonah. This winter we are monitoring indoor air quality and partnering with the HELP program (Home Energy Leadership) to help community members get a handle on their energy usage and bring down those big energy bills.

We are monitoring homes for:

- PM2.5
- Carbon Monoxide
- Fire wood moisture



Free and easy steps to help improve your indoor air quality

- Clean your hood vent filter above your stove regularly.
- Clean your woodstove and chimney.
- Open your doors and windows to let your home air out.
- Don't light scented candles or incense in your home.
- And don't smoke in your home.
- Season your fire wood to %20 moisture.

SYMPTOMS OF INDOOR AIR POLLUTION



It is very important to address the potential causes of indoor air quality problems. If left untreated, air quality issues can have a very detrimental impact on our health. Research is showing that people are now spending as much as 90 percent of their time indoors, and if the indoor air is polluted, this could pose a significant health risk.

This newsletter was printed in black and white to save money for other projects, but a full-color copy can be viewed at: www.hia-en.v.org/the-tide-newsletter