

What Makes a Breather Friendly Home

If you have **ASTHMA, COPD, ALLERGIES**, or other **BREATHING PROBLEMS**, a home with these attributes will help you breathe more freely and provide fewer **ASTHMA TRIGGERS**.

1. No carpeting (Hard flooring only)
2. MERV 8 or higher filter in the HVAC system
3. HVAC fans on continuous rather than 'auto'
4. Whole house or stand-alone dehumidifier holding the indoor humidity near or below fifty percent with automatic drain implemented
5. No whole house fan unless covered with plastic sheeting when not in use.
6. Bathroom & Kitchen fans vented to outside
7. No Crawl Space or basement/crawlspace combination especially if they contain the HVAC system and/or HVAC ductwork
8. All occupied areas served by an HVAC system including unfinished basements
9. Small amount of 'make-up air' to pressurize the house and dissipate indoor chemical pollutants
10. Practice good housekeeping habits

Breathing easy **ISN'T HARD OR EXPENSIVE**



Whether you own or are renting, if you have **Asthma** or **COPD** and your home or apartment does not meet these requirements, you owe it to yourself and your family to fix the home you are in or find a home that does!! For more information call 404-613-1243.