# • YOU ARE WHAT YOU BREATHE • PAIR QUALITY AND LUNG HEALTH Poor air quality can cause or worsen symptoms for the 34 MILLION AMERICANS living with asthma, chronic obstructive pulmonary disease (COPD) and other chronic lung diseases.

## 

#### INDOORS

- Don't smoke indoors (or at all)
- pollutants.
- increase lung cancer risk.
- mildew, and dust mite growth.
- to breathe too!

**INDOOR AIR MAY HAVE 2x to 5x MORE AIRBORNE POLLUTANTS** THAN OUTDOORS.

 Clean regularly to reduce accumulated pet dander, mold, dust and other

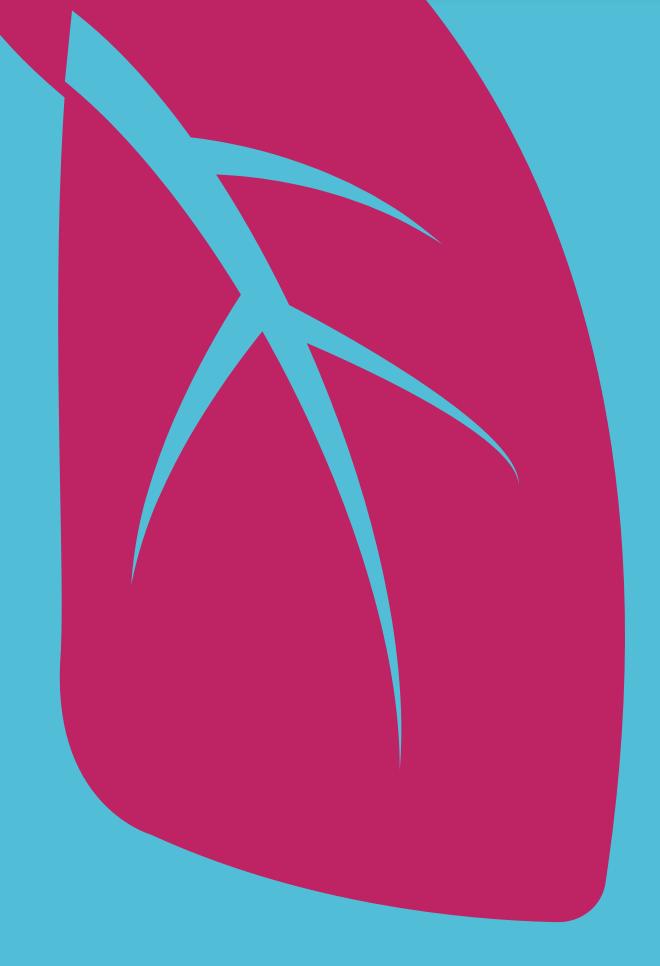
• Test your home for radon – an invisible, odorless gas; long-term exposure can

Reduce humidity levels to slow mold,

Improve ventilation – your house needs



#### **NEARLY 36% OF AMERICANS** LIVE WHERE THE OUTDOOR **AIR IS UNHEALTHY.**



# SYNERGIES®

### OUTDOORS

- Visit AirNow.gov for local air quality reports.
- Stay indoors when outdoor pollution levels are high.
- Exercise indoors or at the gym when air quality is low.
- Avoid exercising near busy highways.
- Conserve energy; lower energy demand means less pollution.

corpsyn.com

Sources: U.S. Environmental Protection Agency, American Lung Association, www.lung.org/research

# 120 m110n