

# How Safe is the Air Inside Your Home?



The average person spends approximately **90%** of his or her time indoors.



Indoor air quality can be up to **5 times** more polluted than outdoor air.

Simple, low-cost changes can improve the air quality in your home and improve your health!



To learn more and schedule your **FREE** Indoor air quality assessment call (907) 891-7443



## Healthy Homes Mat-Su

 **AMERICAN LUNG ASSOCIATION**<sup>®</sup>  
IN ALASKA