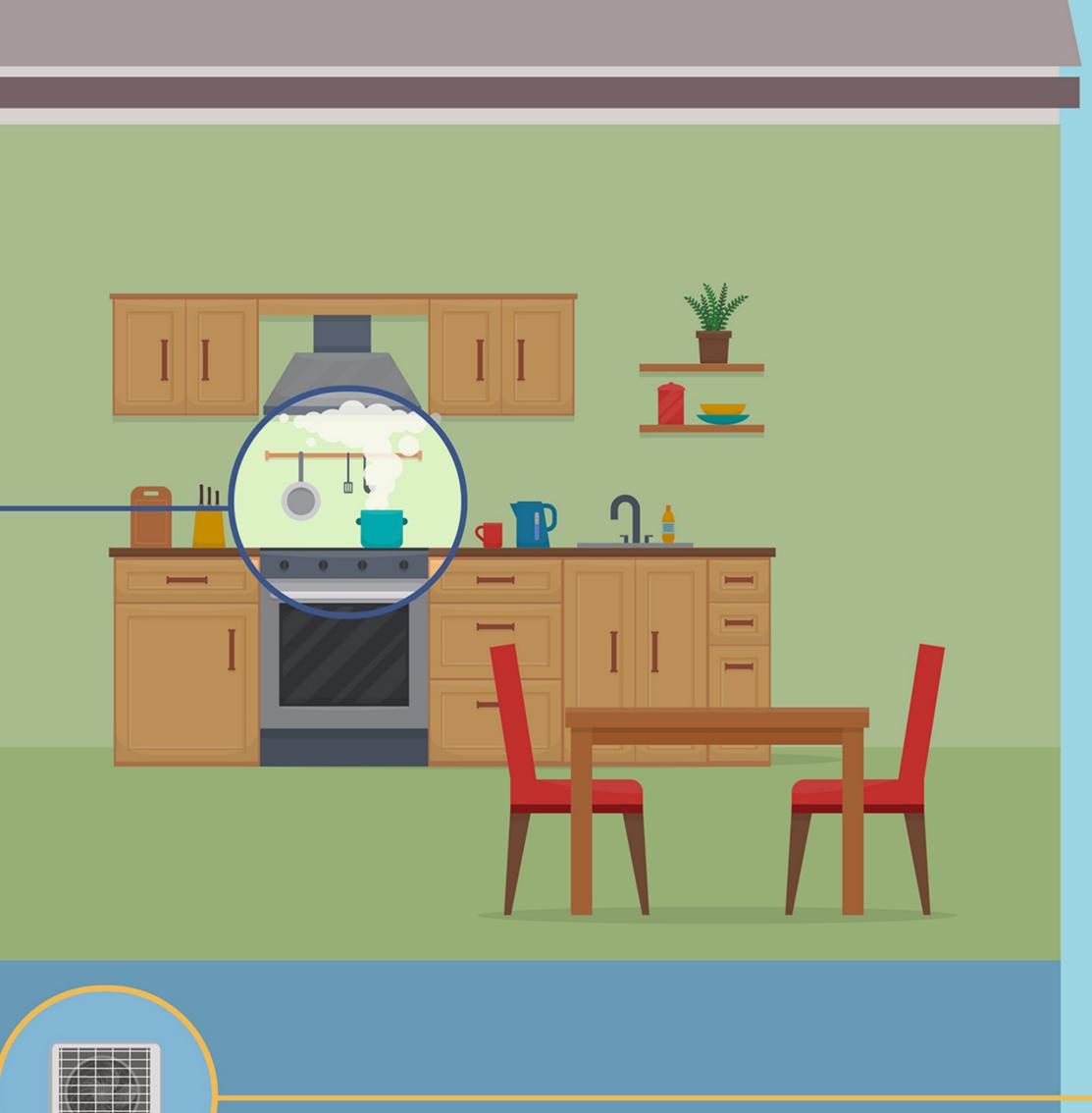
Unknown Culprits: Revealing the Truth About Indoor Air Quality

In every room of your home, different substances can negatively impact your air quality —and hide right under your nose. Understanding the causes (and regularly changing your Filtrete Air Filters) can greatly help you combat indoor air-quality culprits and give your home a breath of fresh air.



don't always use ventilation while cooking. But many home cooks' kitchens have worse air quality than the outdoors!



80%

of people with an exhaust fan run their exhaust fan for 15 minutes or less after showering.

But experts urge 20 minutes minimum!



54%

don't know when to clean their air filters. But the EPA recommends checking filters monthly and changing them quarterly.









7 in 10

believe dust settles within 30 minutes.

But it actually takes 2 hours!