

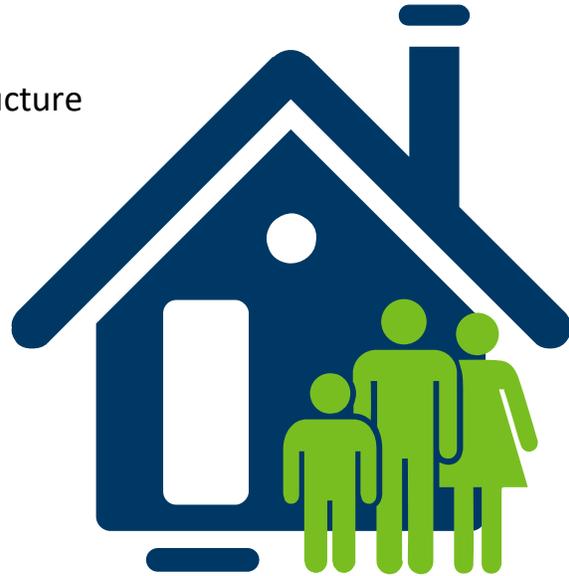
# Weatherization and Your Health

## IMPROVE YOUR HEALTH AND SAVE MONEY

Weatherization **changes the physical conditions of homes** by improving ventilation, installing insulation, replacing inefficient or broken appliances and equipment, sealing leaky doors and windows, and improving indoor air quality.

### 5 BENEFITS OF WEATHERIZATION:

- 1 Improve your home's physical structure
- 2 Improve indoor air quality
- 3 Eliminate harmful substances
- 4 Regulate indoor temperature
- 5 Increase detection of fire & carbon monoxide



#### Weatherize Your Home, Breathe Better

Physical changes to the home due to weatherization have been shown to reduce or prevent:

- Asthma attacks
- Bronchitis
- Allergies
- COPD (Chronic Obstructive Pulmonary Disease)



Weatherization also **reduces irritants and allergens** such as mold, dust mites, pests, extreme cold and heat, humidity, and moisture. Reducing irritants and allergens can also help **decrease respiratory symptoms** that result in missed school and work days, or even hospital admissions and emergency department visits.

\*Source: Green & Healthy Homes Initiative

### MORE HEALTH BENEFITS OF WEATHERIZATION:



**Reduce** heart disease deaths and emergency room visits.



**Reduce** fatigue, anxiety, and stress, and improve sleep.



**Reduce** health problems, emergency visits, hospitalizations and financial strain.

\*Source: American Council for an Energy-Efficient Economy  
Updated 9/1/2022



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