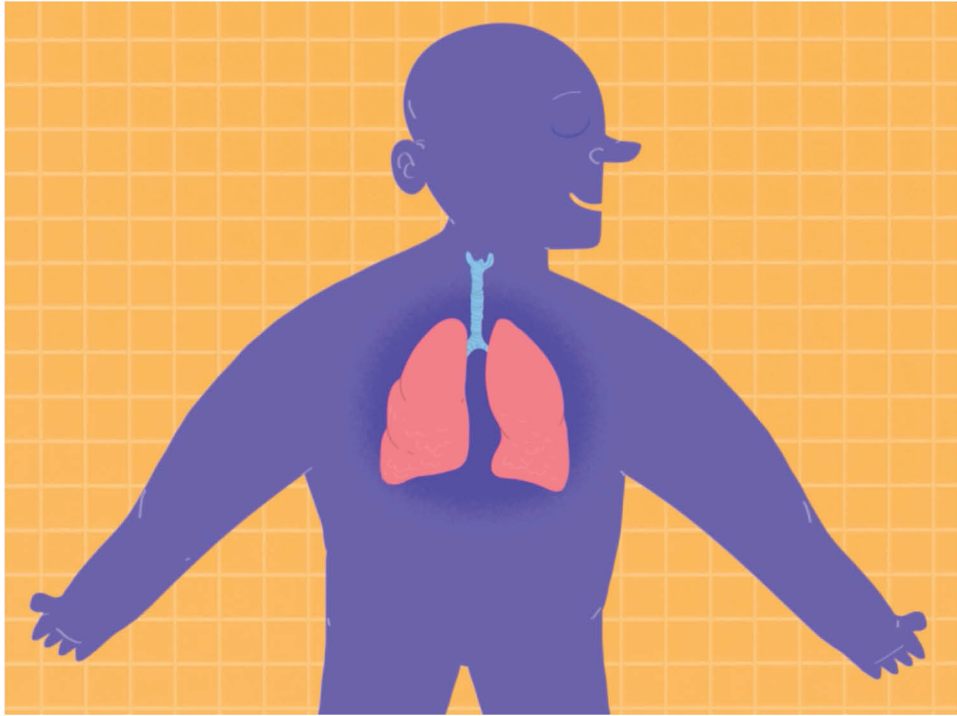


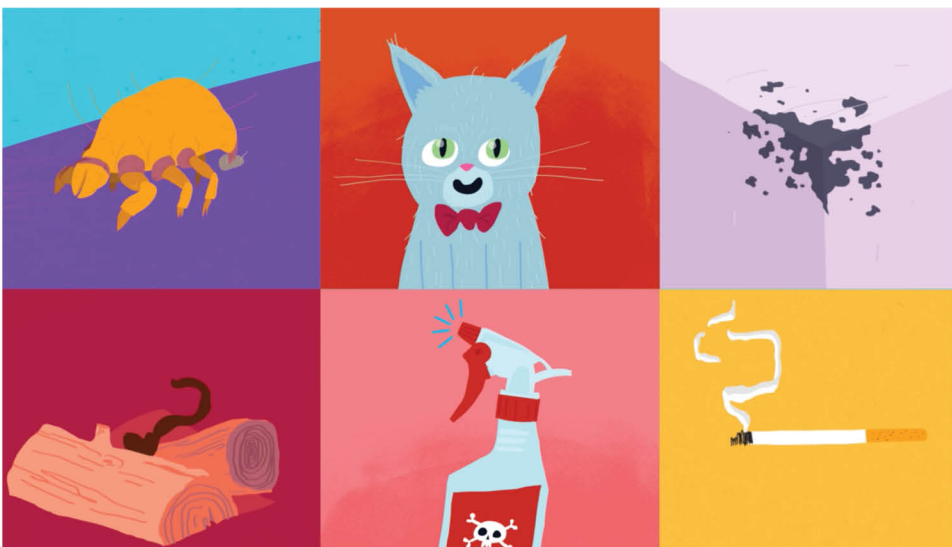
Respiratory Illness

Stay vigilant to keep your lungs healthy and you'll breathe easy



Breathing comes so naturally that it's easy to take the lungs for granted. We shouldn't because the lungs are the center of the respiratory system. Their number one job is respiration. This involves taking oxygen into the bloodstream to help the body stay alive and healthy, while removing carbon dioxide, a waste product of respiration.

Many different factors can impact your ability to breathe easily



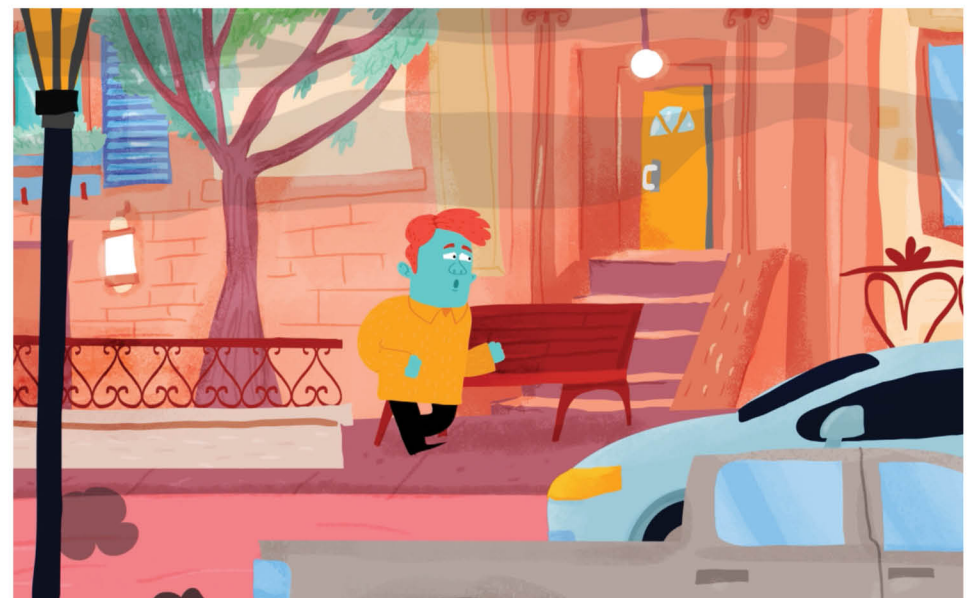
Your breathing can be impaired by dust & dust mites, pet dander, mold & mildew, wood smoke, chemicals and chemical smells or perfumes, smoking and second hand smoke. Medical conditions like allergies, respiratory infections and genetic factors can also make you more susceptible to respiratory illness.

Improve the air quality at home



- Test for & mitigate radon, a known cause of lung cancer
- Make your home a smoke free space
- Keep pests & rodents away by cleaning surfaces, covering trash bins and storing food in closed containers
- Use natural cleaning products to avoid exposure to chemical smells
- Use a dehumidifier or air conditioner to keep humidity under 50%
- Reduce your own carbon footprint to help reduce pollution overall

Protect yourself when going out



- Check the daily advisory on pollution & avoid exercising outside on days when pollution is severe
- Always avoid exercising near busy roadways
- Wear a mask when you are unable to social distance to protect yourself and others