

Indoor Air Quality

Thousands of Americans suffer needlessly with allergies, hay fever and respiratory complaints such as a cold or flu. Many times these complaints can be traced to poor **indoor air quality** caused by inadequate ventilation or lack of maintenance to the heating, ventilation and air conditioning (HVAC) systems.

If you suffer from any of these symptoms, it may be time to evaluate your home by performing an inspection and thoroughly instituting regular preventative maintenance. Look and smell for stale air and lingering odors. Are there any visible signs of growth in drip pans? Too much dust? Dirty filters?

What can you do to **reduce or eliminate poor indoor air quality**? The following are helpful tips:

1. Remove all standing water in drip pans under your refrigerator and air conditioning units.
2. Use cleaning chemicals and insecticides sparingly. You may want to use alternate methods.
3. Remove garbage and trash on a daily basis.
4. Vacuum your rugs and carpeting at least once per week. Make sure your vacuum is properly working with a clean out bag. Does your vacuum just pick up dirt and then blow it back out?
5. Change air filters in your heating and air conditioning units.
6. Clean your duct work every 3 to 5 years. Professional services are available.
7. Clean fireplace flu (if applicable) yearly if you use it on a regular basis.
8. Do not store spray insecticides or any items at the air intake to your HVAC system.
9. Call your local gas and electric company to inspect your furnace prior to the winter season. Keep pets outside or regularly bathe them.