

# INDOOR AIR QUALITY

The air we breathe indoors at home and work may be 10 to 100 times more polluted than the air outside.

Indoor Air Quality (IAQ) refers to the cleanliness and environmental comfort of the air within your home. One major cause of poor IAQ is the dust, dirt, and moisture which accumulates within your homes air-conditioning system and duct work.

The accumulation of dust and other pollutants is greater than ever before because our modern homes are purposely better insulated than their predecessors. New homes are tightly constructed, which helps cut energy costs, but also results in trapping noxious contaminants in the indoor air environment.

The moisture and debris commonly found in HVAC systems provides an ideal breeding ground for mold, germs, fungi, and other harmful microbes.

Microbial contamination poses a health risk to people who suffer from allergies, asthma, and other respiratory ailments, as well as to those who do not. Numerous studies have confirmed that some diseases, including Legionnaire's Disease, originate in and are readily spread by, contaminated ventilation systems.



## AIR DUCT CLEANING

Airborne contaminants are drawn through the duct work of the central air-conditioning system via return air registers. Standard throw-away fiberglass filters remove less than 7% of these particles, which means much of the rest settles in your air ducts or is blown back into the living area.

Now acknowledged as a major allergy and disease causing problem by leading medical authorities, poor indoor air quality has prompted doctors and allergists to commonly prescribe furnace and air duct cleaning as a remedy.

IF you question the need for air duct cleaning, take a look behind the return air grilles in the HVAC system in your home. Many people have found that one glimpse into their air ducts provides all the evidence they need to initiate a thorough cleaning of their HVAC system.

A residential air duct cleaning job takes just a few hours and is a surprisingly clean and routine process. While making your homes air safer, duct cleaning can also reduce heating and cooling costs by allowing your system to operate more efficiently. Duct cleaning can cut maintenance costs because a clean system has fewer breakdowns.