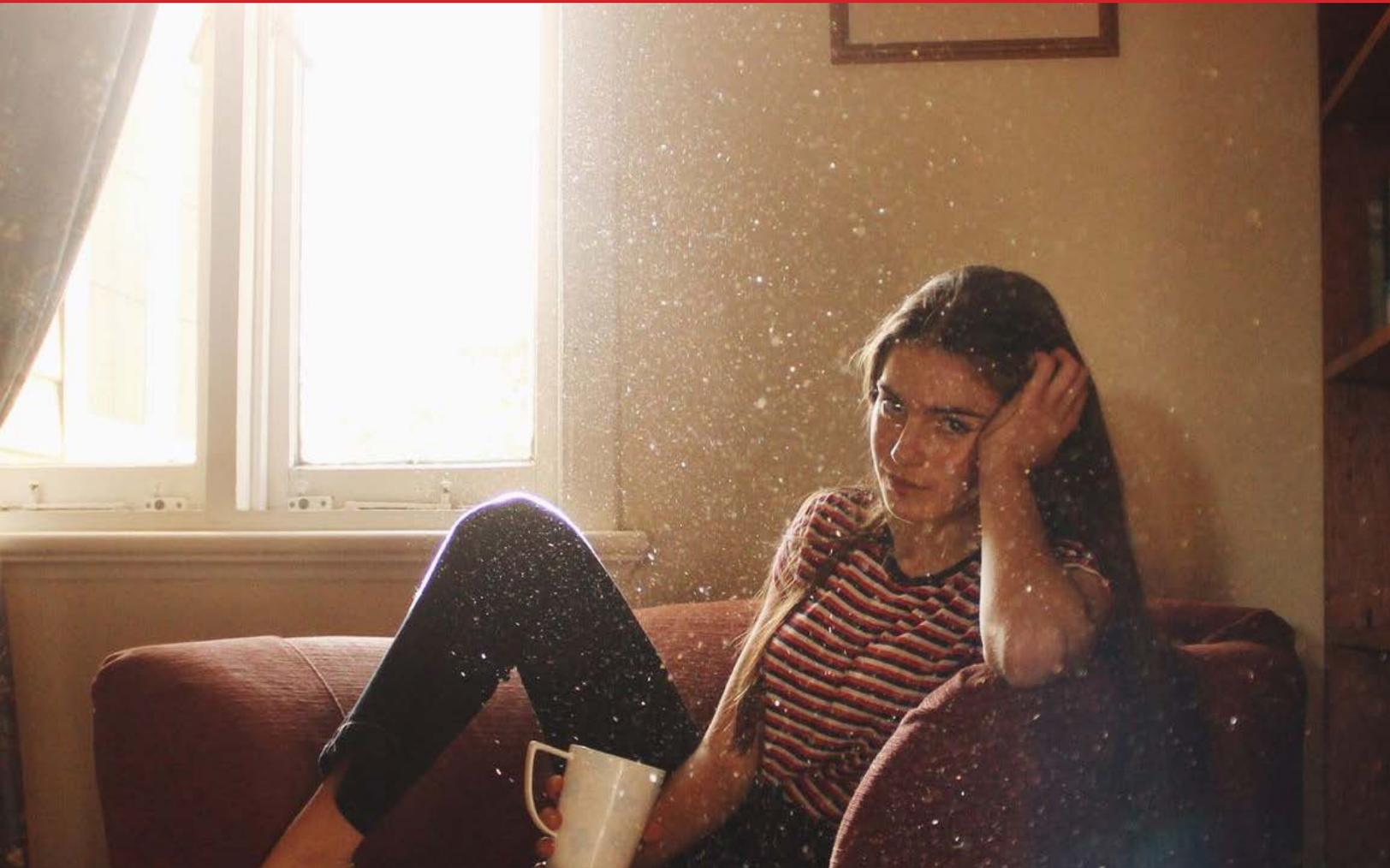




INFINITY TEXAS AIR

"Service You DESERVE, From People You TRUST"

HOW TO IMPROVE THE INDOOR AIR QUALITY IN YOUR HOME



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How To Improve The Indoor Air Quality In Your Home

The air we breathe has a lot of impact on our health. However, most of the time, many homeowners only worry about outdoor pollution without thinking about the quality of air inside their homes.

Smoke and jam packed towns might be what comes to mind when someone mentions air pollution. But, reports indicate that the air quality inside your home can be up to 10 times worse than outside. Many things people do to make their homes more comfortable often like air fresheners and candles are the biggest culprits when it comes to indoor air pollution.

And although this might not seem as much, the elderly and people with pre-existing conditions like asthma are particularly vulnerable to the effects of indoor air pollution. The World Health Organization estimated that indoor air pollution killed an estimate of 4.4 million people in 2012.

Going by these staggering statistics, it is only right that you are worried about your indoor air quality. That is why Infinity TX Air compiled this e-book to help you understand how to improve the indoor air quality in your home.

In this text, you will learn 5 tactics to improve air quality which includes:

- ▶ Ventilate
- ▶ Keep everything clean
- ▶ Watch out for damp and mold
- ▶ Consider an air purifier
- ▶ Air-purifying house plants
- ▶ Check your air conditioning

Read on for a better understanding of all the above.



Ventilate

Airflow is important for good indoor air quality. In fact, getting airflow through your house helps to remove stagnant air replacing it with fresh air.

Opening windows regularly are the best way to remove pollutants from the air in your home. It is especially crucial to do this during winter when the humidity levels skyrocket.

However, your timing should be right too. For homeowners living near a busy road, it is best to keep the windows shut during rush hour.

If your windows do not bring in enough air, you can have a professional HVAC contractor install a trickle ventilator. These simple devices allow fresh air from outside to fill your house through a filter that traps all the impurities.

Keep Everything Clean

One of the largest air pollutants in many homes is dust. So, cleaning your house greatly cuts down on dust and animal dander which is also another common air pollutant. When cleaning, focus on the following:

- ▶ Vacuuming rugs and carpets at least twice a week
- ▶ Regularly cleaning your beddings, clothes, drapes or anything that attracts dust
- ▶ Clearing clutter since it hides dust





Watch Out for Damp and Mold

High humidity is the number one cause of health conditions such as sore throat, wheezing, headaches, and watery eyes. As if that was not enough, high humidity provides the perfect breeding ground for dust mites, mold spores, cloth moths and fleas. The best way to get rid of mold in your home is to keep the humidity levels in your home low.

The most common areas where we notice mold is in the kitchen and bathroom since these areas are regularly exposed to water. If you are washing indoors always provide room for water vapor to escape. A quality dehumidifier can also help reduce the humidity.

Consider an air purifier

In addition to the above steps, you should consider investing in a good air purifier.

If your indoor air quality is bad and you cannot control the source of the problem, it may help to invest in an air purifier. When placed in the right spot, an air purifier can help capture most of the pollutants that may cause you health problems.

An air purifier might not be able to completely remove all the allergens and pollutants, but you will cut down on them drastically.





Air Purifying Plants

Although at a slow pace, house plants do soak up pollutants. The best part is that not only do plants absorb toxins from the air, but they also produce oxygen in return. Plants are also a great addition to the aesthetics of a home.

Here are the top plants for improving air quality:

- ▶ Peace lilies
- ▶ Ferns
- ▶ Devil's Ivy
- ▶ And spider plants

Check Your Air Conditioning

Air conditioners can improve the air quality of your home by keeping the air dry while refreshing the stagnant air. As such, almost all air conditioners have a filter that removes impurities and pollutants from the air.

Eventually, the air filters will fill up and stop working. This might lead to poor indoor air quality, at the same time wearing down your air conditioner which might be costly in the end.

For the best results, you should contact an HVAC contractor if you notice your air conditioning has developed problems. Experienced HVAC technicians will help you to identify the source of your poor indoor air quality and provide effective solutions.





How can Infinity TX Air Help

Keeping air inside your home breathable and safe requires preventative measures. Now that you know a few steps on how to keep the air quality good, consider contacting Infinity TX Air to have a professional look into your problem.

At Infinity TX Air we offer indoor air quality services some of which include AC filter replacements and repairs to help keep your air clean. Contact Infinity TX Air today to improve your indoor air quality.