

HERE ARE

7 SPRING INDOOR QUALITY TIPS



#1

Change Your Air Filters

Dirty filters prohibit good airflow and trap harmful particulates, which can cause respiratory problems and allergies. Make sure to check your filters monthly and change them at least every three months for healthy air quality at home.

#2

Use an Air Purification System

Installing a whole-home air purifier allows you to enjoy better indoor air quality all year long. These advanced systems eliminate pollutants like mold spores and bacteria that can cause health problems for family members with asthma or allergies.



#3

Increase the Ventilation

Proper ventilation is an important part of improving indoor air quality. Make sure all exhaust fans are working properly, especially in kitchens and bathrooms, as well as in any workshops or other areas where chemicals are used for cleaning.

#4

Have Your Air Ducts Cleaned

Dust, allergens, and other contaminants can collect in your home's ductwork over time, and affect your IAQ. That means when your heating or cooling system runs, these contaminants may recirculate throughout your home, making it less comfortable for those with allergies or asthma.



#5

Go Green With Plants

Houseplants aren't just decorative; they also clean indoor air by absorbing harmful chemicals like formaldehyde, benzene, and carbon monoxide.

#6

Keep Your Home Clean

Clean your home regularly and thoroughly with a HEPA vacuum cleaner. This will pick up mold spores, particles, and dust mites that contribute to poor indoor air quality.



#7

Schedule Preventative Maintenance for Your HVAC

Don't forget to schedule preventative maintenance for your heating, cooling, and ventilation system this spring. This service will help ensure your system is working properly and efficiently while keeping your indoor air clean and healthy this summer.