

The Healthy Home

Clean Air Ducts Fight Indoor Allergens

(NAPS)—The joys of warm weather are somewhat reduced for the more than 50 million Americans who have allergies or asthma.

The Problem

When it comes to allergies, most people consider their home a safe haven, but houses can harbor all sorts of allergens: pet dander, dust mites, mold, mildew, and more. Asthma sufferers, children and the elderly tend to be particularly susceptible.



For a healthier home, get rid of allergens. A professional duct cleaning can help.

Fortunately, a few simple steps can reduce and remove allergens in your home.

Here's How

- **Reduce pet dander.** Dander can cling to furniture, clothes, walls, and just about any household surface. It can even make get into air ducts and circulate throughout your house. Frequent cleaning, especially steam cleaning, can help. So can regularly bathing your dog or cat.
- **Prevent mold and mildew.** Ensure your home has sufficient ventilation, use mold inhibitors in your paints, and clean your bathroom and kitchen with mold-busting products. Running your air conditioning and using dehumidifiers and air purifiers also helps.
- **Get serious about air system filtration.** Use HEPA filters if possible and change them monthly.
- **Get your air ducts cleaned.** Just as the surfaces in your home become dirty over time, so can the air ducts. You can trust members of the National Air Duct Cleaners Association (NADCA) to get the job done. They have technicians on staff with advanced training and certification in HVAC system cleaning, adhere to a code of ethics, and must demonstrate extensive knowledge of HVAC design and cleaning.

Learn More

For further facts and to find a nearby NADCA member, visit <https://nadca.com/find-a-professional>.