



Allergy And Dirty Ducts

(NAPSA)—Allergies are nothing to sneeze at but you can make your home more comfortable for people who have allergies and improve your indoor air quality—by cleaning in an often forgotten place.

Indoor air quality can be a big concern for many families. After all, in a typical six-room home, up to 40 pounds of dust—including dangerous chemicals and other pollutants—is created annually through everyday living. These contaminants are pulled into the HVAC system and recirculated as



You can't see inside your ducts but they may need your attention.

much as seven times a day. Over time, this leads to built-up contaminants in the ductwork. Since your heating and cooling system is the lungs of your home, you want to keep it clear.

One way to do so is to hire a member of the National Air Duct Cleaners Association (NADCA) to give your system a thorough cleaning. Since NADCA members possess general liability insurance and they must clean and restore your heating and cooling system in accordance with NADCA standards and guidelines, they provide a high level of security.

To find a NADCA member, see <http://nadca.com/en/prosearch/all>. Enter your zip code or state to find a certified professional near you.