

HINTS FOR HOMEOWNERS

Breathing Easier In Your Home

(NAPSA)—From driving hybrid vehicles to planting trees, being “green” is a key interest for many Americans. Yet the air indoors, where Americans spend 90 percent of their time, can actually be up to 10 times more polluted than the air outdoors, according to the U.S. Environmental Protection Agency.

Contaminants such as pollen, mold spores, dirt, dust and other allergens can come from a variety of sources ranging from items as simple as household cleaning products to complex building materials and outdoor pollution. These allergens can have a major impact on health and wellness, including irritation of the eyes, nose and throat, headaches, dizziness and fatigue, as well as more serious problems like asthma. In fact, the Asthma and Allergy Foundation of America estimates that allergies affect as many as 57 million people in the U.S.

The good news is that there are ways to effectively remove many potentially harmful airborne particles and improve overall air quality throughout the home. Eliminating or controlling sources of pollutants and improving ventilation to reduce humidity levels are simple ways to increase indoor air quality and deter mold growth.

“Consumers should look for products that can treat air throughout the home and kill airborne germs, not just trap them,” said Kevin Dudash of Bryant Heating & Cooling Systems. “The right



Homeowners can talk to a local HVAC dealer about indoor air quality solutions.

system can prevent airborne particles like the common cold virus, influenza and even allergens from circulating through the home.”

A little research goes a long way in choosing an in-home purification system. Many only capture particles, which can allow them to continue to thrive and multiply. However, one of the most effective ways to remove airborne particles is to invest in a high-quality air purifying unit that treats 100 percent of a heating and cooling system’s airflow, such as the Evolution® System Perfect Air™ Purifier from Bryant, which actually kills everything it catches. Homeowners concerned about their indoor air quality should find a trusted, reliable heating and cooling dealer. Visitors to www.bryant.com can search by ZIP code for qualified dealers.

With proper home maintenance and the right air purification system, homeowners can breathe easy knowing that their indoor air is clean.