

health hints

Clean Home, Healthy Home

(NAPSA)—As much as 90 percent of our time is spent inside, especially during colder weather. Yet the Environmental Protection Agency estimates the air inside homes is two to five times more polluted than the outside air.

The Institute of Inspection, Cleaning and Restoration Certification (IICRC) recommends the following tips to help maintain a healthy indoor environment for you and your family:



Having your indoor furnishings professionally cleaned can help ensure better indoor air quality.

- Maintain a humidity level below 60 percent. Higher humidity creates an environment for mold growth and produces allergens.

- Vacuum frequently. Carpet and furnishings can hold dust and particle soil, mold spores and other allergens.

- Have furnishings cleaned professionally once per year by an IICRC-certified firm to ensure the use of proper extraction procedures, and to make certain that soil is not just redistributed, but removed.

To locate an IICRC-certified inspection, cleaning or restoration professional, visit www.certifiedcleaners.org or call (800) 835-4624.