

Dealing With Dust

(NAPSA)—The American College of Allergy, Asthma & Immunology has some advice for the millions of Americans for whom “allergy season” never ends: Reducing the dust in your home can make a big difference. Most indoor environments, it says, actually trap airborne allergens, where they can pose a risk to respiratory health.



Dust allergies are nothing to sneeze at. Fortunately, cleaning your home's air ducts can help.

If you suspect indoor allergies are causing your symptoms, see your doctor. You can limit your exposure.

Tiny Particles=Big Problem

House dust is present in even the cleanest homes. It's stirred up whenever you vacuum, walk on a carpet or make the bed. In addition, forced-air heating systems tend to blow dust into the air.

A Solution

Fortunately, frequently washing your linens and cleaning air ducts can go a long way toward reducing the amount of allergens in the air.

To help, the National Air Duct Cleaners Association (NADCA) recommends that air-handler units be inspected at least annually and cleaned as needed. When hiring an HVAC inspection, maintenance and restoration contractor, be sure the company is a member of NADCA.

Learn More

To find a certified air duct cleaner, visit www.nadca.com or call 855-GO-NADCA.