

## Get Ahead Of Allergies

(NAPSA)—Don't wait for allergy season to arrive to do something to avoid the health problems that allergies can cause. There are several easy steps you can take to beat the sneezing before it starts.

Here are some prevention tips:

- Cut back on carpeting; instead, consider using tile and hardwood floors.
- Use a vacuum with a HEPA filter.
- Roll up your window shades and clean your drapes.
- Have your HVAC system professionally cleaned.



Dirty ducts can harbor pollen and other pollutants. Contaminants are pulled into the HVAC system and recirculated several times a day. The buildup in the ductwork creates continuous exposure that only cleaning can address.

A complete cleaning should include replacing the filter and cleaning the ductwork, from where the air enters the return duct, through the air handler (blower, coil, and head exchanger), to the exit, where the air is released to condition the home. This will remove built-up particulates and contaminants such as pollen, improving indoor air quality and maximizing system efficiency.

Members of the National Air Duct Cleaners Association (NADCA) have signed the NADCA Code of Ethics and invested time and resources into industry training and education. NADCA requires that all members have at least one certified Air Systems Cleaning Specialist (ASCS) on staff, and they must clean and restore your heating and cooling system in accordance with NADCA standards and guidelines.

Get facts and tips at [Breathing Clean.com](http://BreathingClean.com). The Find A Professional directory can help you locate a certified individual in your area.