

Hints For The Home

House Cleaning 101

(NAPSA)—While a seasonal house cleaning may not be your idea of fun, there are ways to make big cleanings less of a chore. The Institute of Inspection, Cleaning and Restoration Certification (IICRC) offers these tips:

- **HVAC filters.** Use quality electrostatic filters that attract particles to the filter. To keep filters in top shape, clean once per month.



The right vacuum filter can help eliminate allergens.

- **Control moisture and humidity.** Maintaining humidity at 50 percent or below prevents the growth of mold and the infestation of dust mites—two of the most common allergens.

- **Vacuum often and use HEPA double-lined vacuum filter bags.** They filter out 99 percent of particles linked to respiratory irritation.

- **For professional cleaning jobs,** it's a good idea to look for an IICRC-certified firm. Confirm the technician's training and certification in the type of work to be performed and always obtain a written estimate.

To locate IICRC-certified inspection, cleaning or restoration professionals in the area, visit www.certifiedcleaners.org or call (800) 835-4624.