

It Is Time To Spring

(NAPS)—Spring isn't just when we spring forward in time, it is also the time when we spring into action to clean those places that likely haven't been cleaned at all: your heating and cooling air ducts.

That can be a problem because that's where dirt, germs, mold, mildew, pet dander and other allergens like to lurk.

A six-room house can generate as much as 40 pounds of dirt, chemicals and pollutants in a typical year—which this wasn't for many families. The contaminants make the heating and cooling system work harder, use more energy and wear out faster. That can get expensive. According to the U.S.



When Spring arrives it's time to have your heating and cooling air ducts cleaned.

Department of Energy, 25 to 40 percent of the energy used for heating or cooling a home is wasted.

Fortunately, there's an easy answer. Get the air ducts cleaned by a member of the National Air Duct Cleaners Association (NADCA). They possess general liability insurance, are trained and tested, agree to a code of ethics, and clean and restore your heating and cooling system following NADCA standards, so they provide results with a high level of safety and security.

Learn More

For more information, visit www.BreathingClean.com. You can also find a nearby NADCA member at <http://nadca.com/en/prosearch/all> and enter your zip code.