



What To Do About Ducts

(NAPSA)—If your home is like most, it's got a dirty little secret: your air ducts.

Through normal occupation, houses pick up an awful lot of contaminants and air pollutants, such as dander, dust and chemicals. These get pulled into the HVAC system and recirculated five to seven times a day, on average. Over time, this causes a buildup of contaminants in the ductwork.

While dirty ducts don't necessarily



Add air ducts to your spring-cleaning need-to-do list.

mean unhealthy air, they can contribute to health issues, especially for people with respiratory health conditions, autoimmune disorders or allergies.

The National Air Duct Cleaners Association (NADCA) has a rule of thumb: "If your air ducts look dirty, they probably are," and that dirty HVAC systems should be inspected by a reputable, certified HVAC professional.

That can not only help you breathe easier, it could save you money. When an HVAC system is clean, it doesn't have to work as hard to maintain the temperature you desire. As a result, less energy is used, leading to improved cost effectiveness.

Learn More

You can get further information from NADCA's free "Homeowner's Guide to Air Duct Cleaning" at www.BreathingClean.com.