

Winter Prep Advice

(NAPSA)—Preparing your house for the seasonal closing of windows and doors can be a smart step toward health and energy savings.

How? By seeing that your home's heating, ventilation and air-conditioning (HVAC) system gets a complete cleaning. This includes replacing the filter and cleaning the ductwork. By removing built-up particulates and contaminants, you improve indoor air quality and maximize system efficiency.



Homeowners can breathe cleaner air and create a healthy home winter ecosystem by cleaning and maintaining their HVAC system.

According to the United States Department of Energy, HVAC systems account for most of the energy use in a typical home. That's one reason proper maintenance and cleaning, as suggested by the National Air Duct Cleaners Association (NADCA), can mean an 11 percent energy savings.

In addition, dirty systems can contribute to poor indoor air quality and health issues, especially in people with respiratory conditions, autoimmune disorders or certain allergies. Contaminants are pulled into the HVAC system and recirculated some six times a day. The buildup in the ductwork creates continuous exposure that only duct cleaning can address.

Further facts and tips are at www.nadca.com. The locator there can help you find nearby NADCA-certified professionals. NADCA members adhere to a standard that ensures a quality cleaning.