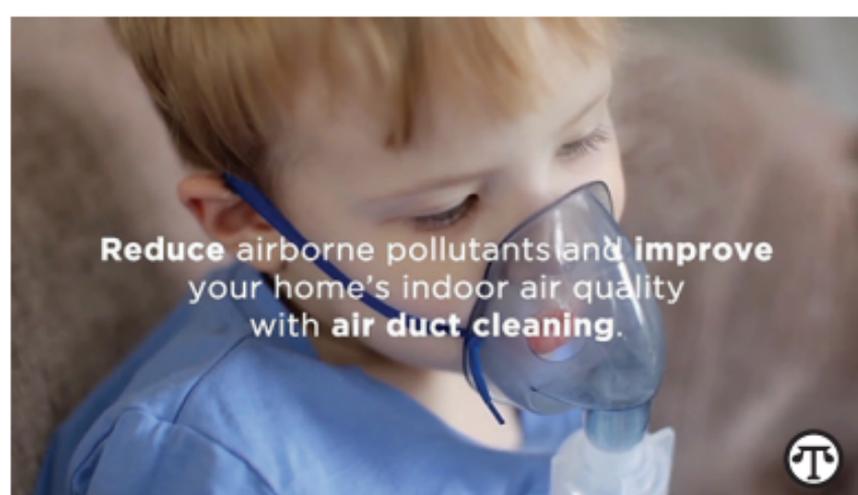


## Dust Your Ducts

(NAPS)—When you breathe a sigh of relief after giving your home its annual thorough cleaning, you may be breathing in more dust, dirt, and pollution than you realize—unless you've also gotten the HVAC system cleaned.

### A Hidden Problem

Through normal living, people generate a great deal of contaminants, such as dander, dust, and chemicals. These get pulled into the HVAC system and re-circulated five to seven times a day, on average. Over time, this causes a build-up of dirt in the duct work.



**To make it easier to breathe clean at home, have your HVAC system inspected regularly.**

Some people are more sensitive to these contaminants than others. Allergy and asthma sufferers, as well as young children and the elderly, tend to be more susceptible to the types of poor indoor air quality that air duct cleaning can help address. Also, some homes may be more susceptible to certain pollutants, including places with pets, smokers, or remodeling projects.

### An Answer

Fortunately, it's easy to deal with. The experts at the National Air Duct Cleaners Association (NADCA) say HVAC systems should be inspected and cleaned regularly by a reputable, certified HVAC professional.

The ones who are NADCA members possess general liability insurance, are trained and tested regularly, sign on to a code of ethics, and must clean and restore your heating and cooling system in accordance with NADCA standards, so they provide a high level of security.

### Learn More

For further facts on having healthy air in a healthy home, visit [www.BreathingClean.com](http://www.BreathingClean.com). To find a NADCA member nearby, go to <http://nadca.com/en/prosearch/all> and enter your zip code.