

Health And Well-Being

The Importance Of Indoor Air Quality

(NAPSA)—The quality of the air in your home should always be a priority, but during the colder months it's particularly important to monitor it.

The Problem

One of the most common air-quality problems in an indoor environment is particles in the air, such as allergens, viruses, bacteria and other contaminants. You have longer exposure to these particles when you're inside for a long time in the winter, and just because you can't see these pollutants, it doesn't mean they're not there. These lightweight particles can stay suspended in midair unless properly removed, and smaller particles can sometimes cause the most adverse health effects.

The human body's immune system is able to deal with a certain level of contaminants. However, once allergens or other airborne pollutants reach a threshold, negative health effects and allergic reactions can occur.

"When the temperature drops, people tend to spend more time indoors, which means more time sharing air in a confined area," said Kent Kuffner, indoor air quality product manager, Carrier. "In addition, the air is notoriously harsh and dry in the winter months, so evaluate your home to ensure that the air quality inside is optimized no matter how severe the weather gets outside."

What Can Be Done

Fortunately, by reducing the contaminant levels of airborne particles through proper indoor air-quality technologies, these problems may be alleviated. Here



Healthy living starts with having a healthy home. A practical solution could be the right indoor air-quality products.

are some hints on how:

- Air purifiers clean harmful microscopic airborne pathogens from the conditioned air and some even capture and kill them to prevent them from re-entering the home.

- Another common issue during the winter is dry air. Installing a humidifier can help maintain proper humidity during heating season and help you avoid itchy, cracked skin, dry nasal passages and static electricity. It may even reduce the drying that can damage wood furniture and flooring.

"An added benefit to properly humidified air is that it feels warmer than drier air," Kuffner said. "When the humidity is right, you can actually lower your thermostat during heating season and stay more comfortable while saving on utility costs."

- Air infiltration is also a big concern. Today's homes are built for better energy efficiency, with

tighter construction and less air infiltration. While that's great for maintaining temperatures, it means air can become stagnant and stale in your home, especially when you and your family are spending more time indoors.

You need fresh air in your home and that's where a ventilator helps. It works with your heating and cooling system to allow clean, fresh outdoor air into your home without jeopardizing your comfort.

Who Can Do It

When evaluating your home's indoor air quality, it's important to discuss it with a certified heating, ventilation and air-conditioning (HVAC) contractor. All these helpful solutions can tie right into your home comfort control, making it easy to monitor and regulate indoor temperature, humidity and air quality.

More Information

You can find further facts and tips online at www.carrier.com.