

Health Facts You Can Use

Keeping Clean And Dry

(NAPSA)—Considering Americans spend 90 percent of their time inside keeping indoor air quality up can help many people breathe easier.

One way to protect indoor air quality (IAQ) is to keep surfaces as clean as possible. It may come as a surprise to some but beyond the commonly known benefits—warmth, quiet, safety, beauty, and softness—carpet provides air quality benefits, helping control dust and dirt, keeping it out of the air and out of the breathing zone.

It is very important to use a good vacuum cleaner. To help, the Carpet and Rug Institute (CRI) has initiated a voluntary Vacuum Cleaner Indoor Air Quality Testing Program that identifies vacuums that meet the carpet industry standards for soil removal, dust containment and carpet appearance.

It's a good practice to vacuum often the areas that receive the most traffic, such as hallways, stairs, and exterior entryways in the home. Ideally, vacuum the entire carpeted area a minimum of twice a week. Removing loose soil while it remains on the surface is important so that it is not walked into the carpet pile. Removing embedded soil is more difficult and time consuming than removing surface soil.

Carpet should also get regular deep cleaning. Experts rec-



A solution to indoor air pollution may be at your feet—literally—in the form of your carpet.

ommend carpet be deep extraction cleaned every 12 to 18 months by a certified carpet cleaning professional.

Some homeowners may opt for do-it-yourself cleaning with the wide availability of carpet-cleaning equipment for sale or to rent. If you choose to perform extraction cleaning yourself, follow the manufacturer's cleaning recommendations to maintain the carpet warranty.

When you get down to it, carpet that is maintained in a clean and dry condition can go along way toward keeping indoor air quality high.

***Note to Editors:** This article is one in a series of 6 to educate the public about the health and safety benefits of carpet and rugs in addition to the importance of maintaining proper care of them.*