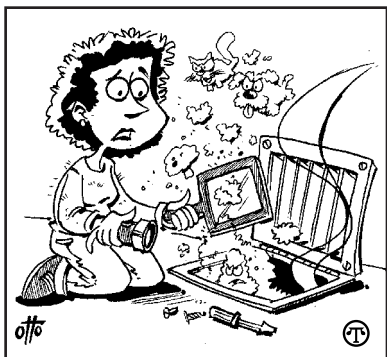


## Clean Those Ducts

(NAPSA)—The main purpose of spring cleaning—beyond the obvious tidying of the home—is to air the place out, getting rid of the must and dust left over from winter cocooning.



However, in order to do so properly, it's important to start by cleaning your air ducts and ventilation system. The Environmental Protection Agency estimates that air pollution levels can be 100 times higher indoors than outdoors. Air ducts and ventilation systems naturally accumulate fine dust particles and other contaminants, including pet hair or even tobacco smoke residue, promoting mold growth and bacteria colonies.

To see if your heating, ventilation and air conditioning (HVAC) system should be on your spring cleaning to-do list, use a screwdriver to remove the register from the floor or wall vent. Insert a mirror into the duct and hold it at a 45° angle. Shine a flashlight straight into the mirror—and check out the duct's contents.

If you see accumulated dust, mold or mildew, it may be time to call a professional HVAC system cleaning contractor. Make sure the company is a certified member of the National Air Duct Cleaners Association (NADCA), an organization that tests the knowledge of contractors for safe and effective HVAC cleaning.

To get names of certified HVAC system cleaning companies and a brochure about air duct cleaning, contact NADCA at 202-737-2926 or visit [www.nadca.com](http://www.nadca.com).