

HEALTH QUIZ

How Clean Is The Air In Your Home?

(NAPSA)—Most people know that the air outside can be filled with pollution but few realize the air inside a home can be just as harmful, if not worse. According to the EPA, indoor air pollution levels can be two to five times higher indoors than outdoors.

Many sources can affect the indoor environmental quality of your home, such as building materials, furnishings and household products. While short-term effects of indoor pollution may seem mere annoyances—eye, nose and throat irritations or headaches—long-term effects can pose more serious problems, such as respiratory and heart complications.

The Institute of Inspection, Cleaning and Restoration Certification (IICRC) offers some tips to protect your air—and your health:

- Keep walkways and entries clean to eliminate tracking in debris.
- Use entry mats to trap soil at entries and reduce the amount of particles that can build up and become airborne.
- Remove shoes upon entry—studies show this easy step can reduce fine particles such as lead.
- Use a good-quality vacuum cleaner and a high-efficiency vacuum filter bag to eliminate dust and particles that can cause respiratory problems.
- Vacuum regularly, especially in entry and high-traffic areas, to remove soil and dust before they become embedded in the carpet pile.
- Use HVAC filters (quality



Clean carpeting can help improve indoor air quality.

reusable electrostatic filters for HVAC systems) and remove or clean them on a monthly basis.

- Have your carpet cleaned by a “professional” on a regular basis. Check your carpet manufacturer’s warranty for recommended frequency.

- Clean other soft surfaces such as upholstery, drapery, bedding and other fabric surfaces; wash linens weekly.

- Control moisture and humidity to protect against dust mite infestation and mold growth.

A cleaning technician who is employed by an IICRC-certified firm is trained in proper cleaning techniques for various carpet, fibers and styles. Call 800 835-4624 or visit www.certifiedcleaners.org to find one in your area.