

Breathe Easier

(NAPS)—Many people may be surprised to learn that some things used to keep their homes looking good and feeling fresh—scented candles, air fresheners, cleaning products, paint, furniture—actually contribute to indoor air pollution.

The Problem

These items—and many others—produce volatile organic compounds (VOCs) which, the EPA says, can irritate skin, eyes, noses and throats and cause headaches, nausea and dizziness.



BREATHING  **CLEAN**

Healthy Air. Healthy Home.



To fight indoor pollution, you need to keep your air ducts clean.

Extended exposure, the EPA warns, can even cause asthma, liver, kidney and nervous system damage.

Some Answers

Fortunately, you can reduce your exposure. Here's how:

- Improve your ventilation.
- Store products containing VOCs outdoors.
- Seal surfaces containing dangerous compounds.
- Keep your HVAC air ducts clean.

Indoor air gets pulled into the system and contaminants can build up in the ductwork. Getting your air ducts properly cleaned can improve the ventilation throughout your home and lessen the number of pollutants in the air you breathe.

Be sure the duct cleaning company is a member of the National Air Duct Cleaners Association (NADCA). They pledge to a Code of Conduct and clean according to strict standards.

Learn More

For further facts, see www.BreathingClean.com. To find a NADCA member nearby, visit the Find a Professional Directory there.