HINTS FOR HOMEOWNERS

Some things people use to keep their homes looking good and feeling fresh—candles, air fresheners, cleaning products, paint, even furniture—actually contribute to indoor air pollution by emitting volatile organic compounds, or V-O-Cs. To reduce your exposure, keep H-V-A-C air ducts clean. Polluted air can build up in ductwork. A professional cleaning by a member of the National Air Duct Cleaners Association can help you breathe easier. Learn more at N-A-D-C-A--dot--com.