

Quick Quiz!

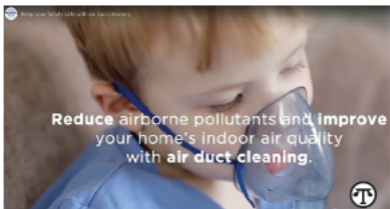
Breathing Lessons For Your Home

(NAPSA)—Your heating, ventilation and air-conditioning (HVAC) system is the lungs of your home. Taking proper care of it can help everyone breathe easier.

Q: Are there any health benefits that come from HVAC system cleaning?

A: HVAC systems have been shown to collect a variety of contaminants such as mold, fungi, bacteria and very small particles of dust that have the potential to affect overall health.

The removal of contaminants from your home's HVAC system is an important step for improving indoor air quality.



Q: How often should residential HVAC systems be cleaned?

A: Frequency of cleaning depends on several factors, including:

- smokers in the household;
- pets that shed high amounts of hair and dander
- water contamination or damage to the home or HVAC system; and
- residents with allergies or asthma who might benefit from a reduction in the amount of indoor air pollutants.

Q: Why should I choose a NADCA member to have my air ducts cleaned?

A: NADCA members have signed a Code of Ethics stating that they will do everything possible to protect the consumer and follow ACR—the NADCA standard—for cleaning to the best of their ability.

To learn more, visit BreathingClean.com.