



## All Things Duct Cleaning

(NAPS)—There may be a problem lurking in your house that you can't even see: dirty ducts. But that doesn't have to be.

### The Issue

Even with the proper use of filters, your home's heating and cooling system gets really dirty through normal, everyday use, just as surfaces in your home get dusty over time.

All sorts of contaminants and air pollutants—bacteria, pet dander, dust, skin cells, mold, tobacco smoke, even chemicals—get pulled into an HVAC system and recirculate through the



**Regular duct cleaning by ethical professionals can help homeowners save their health and wealth.**

home several times a day, building up in the system.

Worse, rodents and insects can chew their way into the ductwork to travel throughout your home, build nests and leave droppings. Telltale signs include chewed materials, unpleasant smells, and bacteria contaminating the air you breathe.

All this can contribute to poor indoor air quality and major health issues, especially for those with respiratory conditions, autoimmune disorders, asthma, or allergies. The EPA says poor indoor air increases your risk of pneumonia and causes irritated eyes, nose, and throat, headaches, dizziness, and fatigue.

In addition, when the system is clean, it doesn't have to work as hard so it lasts longer and uses less energy, lowering electric bills.

### A Second Issue

Getting your ducts cleaned, however, can mean another problem: Scams. The HVAC system cleaning industry is plagued with fraudulent "duct cleaners" who cause more harm than good by agitating rather than removing dust, debris, and pollutants or who charge for unneeded add-on services.

### A Solution

Fortunately, you can trust the members of the National Air Duct Cleaners Association (NADCA). They have technicians on staff with advanced training and certification in HVAC system cleaning, and they're required to follow higher standards.

To find qualified and certified air duct cleaning professionals, visit [breathingclean.com](http://breathingclean.com).