



The Healthy Home

Clear the Air of Indoor Pollutants This Spring

(NAPS)—In the Spring, people often focus on the outdoors when it comes to air quality. But indoor air quality (IAQ) is also a crucial aspect of overall health and well-being. Unbeknownst to many, common pollutants can lurk inside homes, affecting health in subtle yet significant ways. Here are some of the most prevalent indoor pollutants and strategies you can use to identify and mitigate their impact on your home's air quality:

Dust: The Silent Intruder

Dust is a well-known indoor pollutant that includes dead skin cells, pollen, textile fibers, and other debris. Dust can aggravate respiratory conditions such as asthma and allergies. Regular dusting and vacuuming, along with using HEPA filters, can significantly reduce dust levels in the home.

PRO TIP: If you find yourself having to dust more often, you may want to consider air duct cleaning.

Mold: The Unseen Threat

Mold exposure can trigger allergic reactions and respiratory problems. Regularly clean and inspect susceptible areas in your home.

PRO TIP: Maintain proper ventilation, control moisture levels, and promptly address any water leaks or damage.

Pet Dander: Furry Friends, Hidden Hazards

Pets are beloved family members, but their dander and fur can exacerbate respiratory issues as they circulate through your home via your HVAC system. To minimize pet-related pollutants, bathe and groom pets regularly and keep them out of bedrooms.

PRO TIP: Pet owners should change HVAC filters once a month.



Discover the hidden hazards lurking within your home. From dust to pet dander and volatile organic compounds, indoor pollutants affect your health but simple strategies can clear the air for a healthier living space.

Volatile Organic Compounds (VOCs): The Invisible Culprits

VOCs are chemicals emitted as gases from common household products. To reduce VOC levels in your home, opt for low-VOC or VOC-free products. Proper ventilation is also crucial for minimizing the effects of VOC emissions.

PRO TIP: Incorporating indoor plants can help absorb VOCs.

Maintaining healthy indoor air quality requires vigilance and proactive measures to identify and mitigate pollutants. For a fresh start, schedule an inspection of your HVAC system. Find a qualified professional near you at NADCA.com.

Learn More

For more information visit www.NADCA.com/Homeowners and follow @Breathing_Clean on Instagram, Facebook, and TikTok.