



Hints For Homeowners

Breathe Easy:

Now Is a Great Time to Clean Your HVAC System

(NAPS)—As the weather warms, many homes begin to shift into cooling mode. Air conditioners are turned on, windows are closed to keep the heat out, and people start spending more time indoors to escape rising temperatures. So this can be an excellent time to think about not only comfort, but air quality inside your home. One of the most important, yet often overlooked, ways to prepare for the warmer months is by cleaning your HVAC system's air ducts.

Why the Ducts

Over the course of the winter, your HVAC system likely worked hard to keep your home warm and comfortable. During this time, dust, dirt, pet dander, mold spores, and other debris can build up in the ductwork. When you make the seasonal switch to cooling, all of that built-up gunk can start circulating through your home, affecting the air you and your family breathe every day. For individuals with allergies, asthma, or other respiratory concerns, this can lead to discomfort or even health complications.

That means now's the time to schedule a professional HVAC system cleaning. A clean HVAC system improves indoor air quality, supports healthier living conditions, and helps your equipment run more efficiently. When air ducts are clogged with contaminants, your system has to work harder to push air through, which increases energy consumption and can shorten the lifespan of your equipment. Cleaning your ducts can help reduce energy bills, improve airflow, and eliminate unpleasant odors caused by dander and mold inside the system.

Beyond personal comfort, there's a bigger picture to consider. A clean HVAC system contributes to a healthier environment as well as a healthier home. By improving your system's efficiency, you're reducing the energy needed to keep your home cool, which supports energy conservation and sustainability.

What to Watch For

There are a few signs that it may be



When the temperature climbs, it's a hot idea to get your HVAC system professionally cleaned.

time to schedule a professional HVAC cleaning:

1. You notice more dust than usual around your home, even after cleaning.
2. You or your family experience increased allergy or respiratory symptoms.
3. There's a musty or stale smell when the system runs.
4. You've recently completed a home renovation or construction project.
5. It's been several years since your last duct cleaning.

Whom to Look For

To ensure your system is cleaned properly and thoroughly, always hire a certified professional. It helps to know that NADCA (National Air Duct Cleaners Association) sets the industry standard for HVAC cleaning, and certified professionals follow a strict code of ethics and best practices to ensure the job is done right.

Learn More

Visit BreathingClean.com to learn more about the importance of HVAC system cleaning and find a NADCA-certified professional in your area, so this season, you take the steps to breathe cleaner, fresher air all summer long.