

What Can You Do About **Indoor Air Quality**?

Many Indoor Air Quality problems can be managed without the aid of professionals. Here's a Checklist of practical actions that you can take yourself to improve and maintain the environment within your home:

- Eliminate moisture sources. Most spores, molds, and bacteria require high levels of moisture to reproduce. Repair any minor plumbing leaks, caulk around showers and baths. Seal all tile grout annually. Be certain the floor coverings near moisture sources are watertight. Check for roof, flashing, window and siding leaks in the building. Grade the flowerbeds so that rain and irrigation water falls away from the building.
- Good Housekeeping. If you have some mold-like growths, clean them weekly with a solution of 10% bleach and 90% warm water. This treatment is inexpensive and effective. Check color fastness before using.
- Ventilate frequently when moisture-laden air is present. Open windows when the outside conditions are comfortable. Fresh air dilutes the buildup of indoor pollutants. Clean the blower of small exhaust fans in kitchens and bathrooms. This can increase the capacity of these small fans by up to 5 times.
- Investigate unpleasant smells. Remove the sources of the odors or clean up the conditions causing them. Simply follow your nose. Your nose will become accustomed to the smell after a few minutes of hunting. Stop for 20 minutes, and then resume the search.
- Change air filters between regularly scheduled air conditioning and heating system services. Air filters capture airborne pollutants in your home. These are removed as you change your air filter. Contact us to be certain the filters you use are not too restrictive. Change filters only when the fan is off to avoid spreading the particles caught in the filter. Place the used filter in a garbage bag to contain the pollutants lodged in the filter.
- When painting or installing new carpets or furniture, leave windows open and fans running the first couple of days to dilute airborne Volatile Organic Compounds that are released from these sources. This will eliminate the burning eyes and runny nose symptoms.
- Change vacuum bags outdoors and avoid breathing the dust in the bags as much as possible. Like air filters, dust bags are a collection point for pollutants.
- Wash and dry wet towels and rags immediately after each use. Mold can grow in just 72 hours if humidity is over 90%. Below 70% most mold takes over 100 days to establish itself.
- Keep your thermostat set at comfortable temperatures. Avoid raising or lowering the temperature excessively just to save on utility costs. It often can't keep up when your home is allowed to achieve extreme temperatures.
- Keep cleaning agents, paints, chemicals and solvents in tightly sealed containers when not immediately in use. Ventilate areas while using these products.

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Call us with any questions about Indoor Air Quality

404-294-0900 www.empirehvac.com