

A COMPLETE GUIDE TO CLEAN INDOOR AIR



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Since people have been locked inside now for a few months we are noticing the air outside has become much cleaner. You might be enjoying your time indoors with your windows cracked open taking advantage of the improved air quality, while it lasts.

Today's air is much cleaner because of the reduced economic activity worldwide due to the COVID-19 pandemic; this means less vehicle traffic, including limited air travel. But this translates into a lot more people spending even more time indoors. So, now is an excellent time to consider your indoor air quality (IAQ) strategy.

Your increased time indoors means breathing more pollutants than you may think. Let us help answer that for you. When you use the furnace or air conditioner, forced air goes through a filter and into the ductwork

before entering your home. Dirty filters and ducts emit contaminants into your immediate environment, resulting in increasingly more inferior air quality over time. Making matters worse, it also causes your air conditioning system to work harder to produce the same results as a clean system.

Servicing your HVAC equipment can improve your air quality, but that requires a level of technical ability that can only be found with professional technicians. Filter replacements and air quality product installations might not be adequate when an HVAC service is essential.

Servicing your air conditioning system regularly, ensures excellent mechanical operation and helps to filter out allergens from the air by ensuring the filter, and other aspects are working correctly. Ideally, maintenance should be scheduled every six months. With our complete HVAC maintenance plan, you get premium benefits such as:

- ▶ Two precision tune ups
- ▶ Up to 15% off duct sanitization
- ▶ Up to 15% off IAQ Products
- ▶ Up to 15% off repairs

So, not only will you enjoy better air quality, but you will also get air conditioning at a reasonable price.

To achieve the clean indoor air that you desire, it's essential to change your air filter at least once every 90 days. In seasons where you use your air conditioning more frequently, you should increase the frequency to once every 60 days. Filters also come in several qualities, ranging from coarse to fine. Air filters have a Minimum Efficiency Reporting Value (MERV); the higher the air filter's MERV rating, the more efficient it is at maintaining improved air quality.



You can clean your air by using an air purifier that differs slightly from an air cleaner but sanitizes the air as it passes through the system. Air purifiers use UV light, which kills hazardous organic material such as bacteria, viruses, and mold. In combination with an air cleaner or air filter, UV lamps effectively foster improved air quality.

Florida has high humidity levels; high humidity levels promote harmful allergens, including dust mites and biological growth. Air conditioners continuously remove moisture from the air when turned on, which means you get a higher energy bill. With a whole-home dehumidifier, you won't need to worry about your air conditioner overworking; this combination helps you breathe easier, sleep comfortably, and enjoy superior indoor air quality.

Though air fresheners make your house smell better, they also fill your home with volatile organic compounds (VOCs). Inhaling VOCs can cause irritation, headaches, nausea, and damage to the liver and central nervous system. It is a good idea to avoid VOCs altogether. Instead of using air fresheners, you can also use essential oils, which emit a pleasant smell and have antifungal and antibacterial properties.

Houseplants significantly improve indoor air quality. Plants are naturally effective at cleaning the air in their environment. However, many plants help filter pollutants out of the air while producing fresh oxygen, not to mention giving your home a warm, inviting feel. Some of the most efficient plants in air filtration include but are not limited to:

- ▶ Boston ferns,
- ▶ Spider plants,
- ▶ Peace lilies,
- ▶ Aloe vera, and
- ▶ English ivy,
- ▶ Chinese evergreens

It might sound too practical, but opening the windows now and again is an excellent idea. It is imperative to open your windows and doors every so often. You don't have to open them all the way open, but even cracking windows open slightly and turning on a fan, can help ventilation and expel allergens and other pollutants from the house. Even if it's uncomfortably cold outside, you should consider letting in some fresh air at least once a week.

Florida Heat & Air offers the convenience of same day and emergency services for all your air conditioning and HVAC repair needs. Our technicians perform thorough inspections, ensuring the equipment is operating in top form.

Our licensed team is totally committed to cost-effective solutions and exceptional customer service. Honesty and integrity are top priorities. We respect your home with the utmost courtesy, giving you our red-carpet service every time. Pricing is upfront, with no hidden fees.

We are proudly servicing the Fort Myers, FL area. Find out more! Contact us for a consultation and services.

