

BREATHING CLEAN

Healthy Air. Healthy Home.



Indoor Air Quality

According to the EPA, "Indoor Air Quality (IAQ) refers to the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants. Understanding and controlling common pollutants indoors can help reduce your risk of indoor health concerns."

SYMPTOMS LINKED TO POOR INDOOR AIR QUALITY



DRYNESS AND IRRITATION OF EYES, NOSE, THROAT AND SKIN



HEADACHE



SHORTNESS OF BREATH



HYPERSENSITIVITY AND ALLERGIES



SINUS CONGESTION



COUGHING AND SNEEZING

Indoor air pollution

IS CONSISTENTLY RANKED AMONG THE **TOP FIVE** ENVIRONMENTAL RISKS TO PUBLIC HEALTH.

Common pollutants in each room that affect a home's air quality:

BATHROOM:
mold, mildew, bacteria and viruses, excessive moisture



BEDROOM:
dust and dust mites



KITCHEN:
carbon dioxide, cleaning products, gas stoves



LIVING AREAS:
carbon monoxide, tobacco smoke, pet dander



GARAGE:
carbon monoxide, paints and solvents, mold and mildew



YARD:
pollen, dust, pesticides



Homeowners should **ALWAYS** consult with a NADCA-member company before investigating air duct cleaning or solutions for improving indoor air quality.

TIPS FOR HIRING A QUALIFIED CONTRACTOR

QUALIFICATIONS

- Ask for proof of NADCA membership and certification and visit NADCA's Find a Professional Directory at www.nadca.com to verify NADCA membership.
- Ask for proof of insurance.
- Make sure the contractor can provide proof of proper license(s), as applicable.

ASSESSMENT

- Ask the contractor to assess and explain the service to be provided.

CLEANING

- Ask the contractor to specify which components will be cleaned as part of the service, such as the air ducts (the supply and return), coils, drains, registers, grills, etc.
- Verify that the contractor will limit the release of dust, dirt and debris into your home during the cleaning.
- Make certain that the contractor will use both agitation and vacuum collection while cleaning.
- Ask the contractor to inform you if any chemicals will be used as part of the cleaning, and provide a safety data sheet for products used.

SOURCES:
Environmental Protection Agency (EPA)
Canadian Centre for Occupational Health and Safety (CCOHS)

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Your Indoor Air Quality Experts