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How to improve home air quality

Canadians live in anticipation for warm weather and sunshine. Yet, some summer days can be difficult to enjoy when overtaken by smog and humidity, especially for those who suffer from asthma, allergies or other sensitivities.

When summer temperatures soar, homeowners tend to seek refuge in their homes by closing the windows and relishing the air-conditioned space. Believe it or not, a retreat indoors may not alleviate symptoms or offer much comfort if the air from outside is invading the home.

Home occupants are not protected from outdoor allergens and humidity unless these seasonal preparations have been checked off the to-do list:

Seal it tight. Use an insulation/air barrier to seal up cracks and penetrations that allow hot air to invade the living space, carrying with it unwanted airborne irritants. Spray foam is an effective option because it's sprayed on as a liquid and then expands to seal every nook and cranny so that no air can pass through. Spray foam makes it easy to get a tight fit around wall openings, such as windows, electrical/cable service entry points, and light fixtures. Some spray foam products, such as the ones offered by Icynene, are air barriers. Icynene also offers a 100% water-blown product, making it an even healthier option for homeowners.



Ventilate right. Once the leaky areas have been sprayed and sealed, homeowners should check with their insulation contractor to see what changes they might want to make to their HVAC system to improve efficiency and ventilation. This may be achieved through downsizing their system, introducing a ventilation system, or installing a HEPA filter.

Sealing tight and ventilating right are the two most critical steps to breathing healthy indoor air, no matter what the quality of the air outside may be. More tips for a healthy home can be found at www.insulationsmart.com.

—www.newscanada.com

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