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Tip to ease allergies in the home A guide to indoor air quality

Direct Energy Essential Home Services reports that the average Canadian home accumulates 40 pounds of dust every year and that up to 40 per cent of that dust is found in our heating ducts. With over 2.2 million Canadians affected with asthma, it is important to learn the basics on how to control your indoor air quality (IAQ) and the cleanliness of your home, whether you can see the dirt or not.

Steps to ensure a higher indoor air quality include:

Source removal

- Eliminate the offending pollutants – for instance, don't allow smoking in your home, don't allow mold and bacteria to grow and store paint in the garage

Proper Ventilation

- Do activities which produce pollution outdoors or with open windows/doors if possible (ie, painting, welding, soldering)

Effective Air Cleaners

- Filter or clean the offending pollutants with effective whole home solutions

Keep your home clean

- General home cleaning including keeping counters clean, mopping floors, vacuuming carpets, as well as duct cleaning

When it comes to taking action, Dave Walton, Director of Home Ideas

for Direct Energy Essential Home Services, says, "We encourage consumers to consider investing in a top quality air filter, along with supplementary actions, such as duct cleaning, to ensure maximum cleanliness in the home."

Here are some other IAQ tips from Direct Energy:

- Select the air filter that is right for your particular home. For example, some filters are effective for removing mold, plant and pollen spores, but not animal dander and bacteria. Be sure to consult your IAQ expert to see which filter is right for you.
- Decide if it is more effective for you to



purchase a fixed or portable filter. If purchasing a portable filter, you might find best results if it is placed in the bedroom, where we spend approximately a third of our lives asleep.

- Clean or replace your furnace air filter every 2 to 3 months to ensure that it operates smoothly and at full capacity.

- Along with filtering your air properly, you should clean your ducts every 3 to 5 years. Ducts should be cleaned more often if you have children or pets, or have done major renovations.

—News Canada



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