

# HVAC: YOUR SECRET WEAPON IN THE WAR AGAINST ALLERGIES



While many people associate allergy symptoms with pollen, pollution and other irritants outside your home, your indoor air quality can have a huge impact on your symptoms. According to the [EPA](#), "In the last several years, a growing body of scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities. Other research indicates that people spend approximately 90 percent of their time indoors. Thus, for many people, the risks to health may be greater due to exposure to air pollution indoors rather than outdoors."

Even the cleanest homes can be polluted by outdoor allergens, like pollen from the blossoming almond trees, that make their way inside, and by irritants like pet dander, dust mites, mold spores, chemicals from everyday household cleaners and more. [The Asthma and Allergy Foundation of America](#) (AAFA) identifies the following as the main sources of indoor allergens:

- Pets
- Stuffed toys
- Indoor plants
- Wall-to-wall carpet
- Bedding
- Mattresses that aren't in allergy covers
- Soft furniture
- Damp areas
- Pillows and bedding you can't wash in hot water

## SO, WHAT CAN YOU DO ABOUT IT? THE AAFA ALSO PROVIDES A FEW STEPS TO HELP YOU CONTROL ALLERGENS IN YOUR HOME.

- Put plastic covers on your pillows and mattresses.
- Cover your garbage cans.
- Wash your bedding once a week.
- Keep pets out of the bedroom.
- Vacuum once or twice a week.
- Close the windows and doors to keep pollen from entering the home.



But perhaps the strongest weapon in the battle for indoor air quality is already in your home! It's your HVAC system. There are two important steps you'll need to take in making your heating and cooling system an efficient defender of your health:

### **KEEP IT CLEAN**

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A dirty system can harbor and circulate allergens throughout your home, so the key is to keep your system well maintained. That starts with keeping your air filters clean. Set a reminder or mark it on your calendar to check them monthly and change them when you see that they're becoming dirty. They'll typically need to be changed every month or two months, but this can vary greatly from household to household. You can find filters that range from the most basic level of filtering to hospital-grade HEPA filters. The pros at Honey's Heating & Solar can help you determine which type of filter will keep your home healthy and keep your HVAC running efficiently.

### **KEEP IT MAINTAINED**

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It's also important to have your system regularly maintained by a professional to keep your indoor air quality where it should be. In addition to checking that all-important filter, your service technician will clean the inner workings of your system and ensure that everything is working as it should. You can also ask your technician if a duct cleaning would be beneficial.

There are a lot of great things that come with spring, including warmer weather, the blossoming almond trees and the ability to spend a greater amount of time outside. Don't let allergens throw a wrench into enjoying the season by bringing runny noses, itchy eyes and other seasonal allergies that can be a nuisance to any of your family members.

Keeping your home clean and minimizing the opportunity for dust, pollen and other contaminants to enter the home will go a long way to increasing your home comfort. Put a plan in place so that you can prepare your home and be ready to enjoy the warmer temperatures.

Don't make this allergy season harder than it needs to be. If you would like more information on how you can improve your home comfort with purification or filtration systems, or if you have additional questions on how to tackle the quality of air in your home, talk to the experts at Honey's.

**CALL US TODAY AT 209-454-1645.**

