In order to improve indoor air quality within your very own home, you may consider these 7 important tips from an HVAC Professional, Technical Services.

(Newswire.net -- April 27, 2016) Fort Myers, FL -- When we think about air pollution we usually think about outside air and the amount of smog we can visually see. What we do not consider is the air inside our homes, offices or other indoor air we are exposed to everyday is often more polluted than the air we breathe outside. The air inside building can be contaminated by:

* Dust which contains lead
* Formaldehyde which can be found in medications for topical use
* Fire retardants
* Radon
* Chemicals found in fragrances used in chemical cleaners
* Fumes from new mattress or furniture
* Fumes from carpet cleaners or new paint on walls
* Dust mites and pet dander

Here are the 7 Ways on how to Improve Indoor Air Quality

Did you know that the allergens and irritants found in indoor air are becoming more of an issue as homes are now built to be more airtight? We are now exposed more to these contaminants and the need to improve indoor air quality has become more of a health concern than it was decades ago. We recommended that you follow these tips to improve indoor air quality in your environment:

**Keep flooring clean**

Dust accumulates in all houses and it contains chemicals and allergens. A vacuum with a HEPA filter can help to keep flooring clean and reduce concentrations of lead in a home. Vacuuming will also help improve indoor air quality by getting rid of allergens such as pollen, dust mites, and pet dander.

Mopping will also remove dust the vacuum leaves behind. Microfiber mops on the market now can capture more dust and dirt than the traditional fibers.

**Don't smoke inside**

There are more than 4,000 chemicals in each exhale of a cigarette. People should not smoke inside their homes; they should require it of themselves and guests that smoking is done outside.

**Keep home clean**

Dust forms in homes no matter how neat a person is. Simple things such as using a doormat to keep dirt from coming into the home, asking people to remove their shoes before entering or vacuuming and mopping at least once a week will help to improve indoor air quality.
Control humidity

Mold grows in environments that are humid. Molds can produce mycotoxins and allergens which can cause allergic reactions. The reactions to mold can run from runny noses to asthma attacks. The Institute of Medicine found a link between upper respiratory tract symptoms and exposure to mold. To prevent mold from growing track your humidity levels and keep them between 30% to 50%.

Refrain from synthetic fragrance use

Many products contain synthetic fragrance; air fresheners, perfumes, hand soap and laundry products. The gasses that evaporate from these products is actually volatile organic compounds. Most testing on these products only checks to see if they will cause skin irritations and not for the air quality they compromise. Aerosol sprays are the worse and best eliminated from use whenever possible.

Use plants to filter air

Some houseplants, to some extent, can be used to eliminate toxic agents. They cannot capture all the pollution but they can help reduce it. Plants that are useful are; English Ivy, Variegated Snake Plant, Peace Lilly and Chrysanthemum.

Open windows

Opening the windows for 10 to 15 minutes every day can improve indoor air quality. Make this a routine, especially when someone has engaged in an activity prone to deteriorate indoor air quality.

Air duct systems that are not properly maintained can contribute to indoor air pollution. The removal of pollutants from an HVAC system can improve indoor air quality immensely. Make an appointment today for testing the indoor quality of air and improve the health of all who breathe it.

About Technical Services

Technical Services has been servicing South West Florida residents for over 20 years. As one of the premier Air Conditioning service companies in the area, TSI has earned an A Rating with the Better Business Bureau. We have built a reputation for quality air conditioning service that is second to none. In fact, some of our AC clients have been repeat customers for over 20 years. We look forward to the opportunity to earn your business for years to come. Call us for all your air conditioning needs.

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Source: http://newswire.net/newsroom/pr/00092502-tsiac-recommended-tips-improve-air-quality.html