



Do You Know
**WHAT YOU ARE
BREATHING?**

ARE YOUR DIRTY AIR DUCTS ARE MAKING YOU SICK

DO YOU KNOW WHAT YOU ARE BREATHING?



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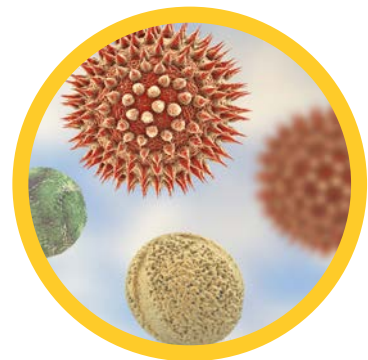
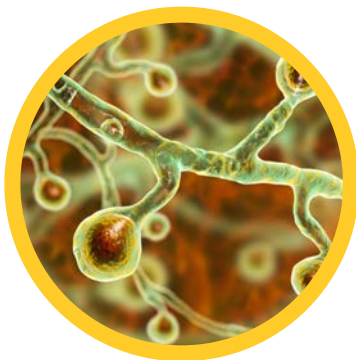
WHAT ARE AIR DUCTS?

The air ducts in a house are essentially tubes that connect the heating, ventilation, and air conditioning (HVAC) system with air vents throughout the house. The HVAC system pulls air in through an intake vent and then either heats or cools that air. Then the system forces that cooled or heated air out through the ducts and through the air vents throughout the house in order to heat or cool the house.



**1 OUT OF 6 PEOPLE SUFFER
FROM ALLERGIES**

BECAUSE OF FUNGI & BACTERIA
IN AIR DUCT SYSTEMS!



SIGNS AND INDICATORS YOUR HOME MAY NEED AN AIR DUCT CLEANING:

- ✓ *When cleaning, you need to sweep and dust your furniture more than usual.*
- ✓ *After cleaning, there's still left over home dust floating around the house that you can see.*
- ✓ *Rooms in your house have little or no air flow coming from the air conditioning ducts.*
- ✓ *You're constantly getting sick or are experience more allergies from dust than usual.*
- ✓ *When you turn on the furnace or air conditioner there's musty or stale odor.*
- ✓ *You're experiencing signs of sickness: fatigue, headache, sneezing, stuffy or running nose, irritability, or dry or burning sensation in eyes, nose and throat.*
- ✓ *After or during sleep you experience headaches, nasal congestion, or other sinus problems.*



SYMPTOMS OF INDOOR AIR POLLUTION:

1 HEADACHES & NAUSEA

2 SHORTNESS OF BREATH

3 SINUS CONGESTION
SNEEZING & COUGH



WHAT *IS* DUCT CLEANING?



INDOOR AIR IS
**2-5X'S MORE
POLLUTED**
THAN OUTDOORS!

Cleaning vents eliminates contaminants such as home dust, mold, fungi, and bacteria in your home or office air conditioning ducts, and should be considered as one component in an overall plan to improve indoor air quality and help reduce allergies from dust.



87% OF HOMEOWNERS *DON'T KNOW*
THEIR INDOOR AIR QUALITY SCORE!

The most effective method of cleaning of air ducts is through "Source Removal." This requires a contractor to place the system under negative pressure through the use of a specialized, powerful vacuum. While the vacuum draws air through the system, devices are inserted into the ducts to dislodge any debris that might be stuck to interior surfaces. The debris are pulled into the vacuum and removed from the system and the home.

WHAT **TYPE** OF AIR DUCTS DO YOU HAVE?

Residential ductwork is typically made out of metal, fiberglass, or flexible/ non-metallic materials. "All types of air ducts can be cleaned, but that might depend upon the condition and level of contamination. The thing to keep in mind about residential ductwork is that many homes use wall and/or floor cavities to transport return air back to the air handler."

FIBERGLASS COLLECTS MORE CONTAMINANTS THAN METAL

Fiberglass requires more frequent residential air duct cleaning.

Long lengths eliminate the need for many joints, but leaks can occur where flex duct joins sheet metal registers or other types of air ducts. Flex ducts can be torn, cut and crushed, so careful handling is important.

METAL



Made from galvanized steel, these types of air ducts can be rectangular or round. One duct section usually slides into another. Leaks typically occur where sections join.

FIBERGLASS



Often used to form large-section trunk lines that feed smaller ducts, fiberglass duct board is insulated and has a smooth finish to promote good air flow.

FLEXIBLE/ NON-METALLIC MATERIALS



These large-diameter, wire-reinforced ducts can be used in long lengths, and have enough flexibility to snake around obstacles. Flex ducts are popular in attics and in any cramped space.

HOW OFTEN SHOULD YOU CHANGE YOUR AIR FILTER?

Regularly changing the air filter of your home's heating, ventilation, and air conditioning (HVAC) system is not only crucial to ensuring the longevity and efficiency of this system, but also to improving your home's indoor air quality. Your HVAC system is likely your home's biggest culprit of harboring dust mites, mold, and other microbial growth – contaminants that could be making you and your loved ones sick.



WILL YOU GET SICK IF YOU DON'T CHANGE YOUR AIR FILTER?

Air filters keep pollution and debris out of your HVAC system. Failure to change your air filter regularly could result in contaminants like mold entering your ductwork and then recirculating throughout your home, causing sneezing, coughing, itchy eyes, wheezing, shortness of breath, and/or chest tightness.

HOW DO YOU KNOW WHEN TO CHANGE YOUR AIR FILTER?

How often you should change your air filter depends on a handful of factors. If you live in a single-occupant home with no pets, and you are not an allergy sufferer, you should change your air filter every six to 12 months. If you live in a suburban home with no pets, change your air filter every 90 days; if you have one pet, change your air filter every 60 days. If you live in a suburban home with multiple pets and/or you are an allergy sufferer, aim to change your air filter every 30-45 days.

HOW TO CHANGE YOUR HOME AIR FILTER



1. Turn off the air conditioner: To prevent electric shock or allow air to pass through the ductwork without being filtered, turn off the air conditioner before replacing the filter.

2. Remove the old filter: Do this slowly and pay attention to the orientation of the old filter in its slot.



3. Identify the air conditioner filter size: A number or size should be printed on the edge of the existing filter. The replacement filter needs to be an exact match in order to fit correctly.

4. Buy a replacement filter: Jot down the filter size or even take the old filter with you to a local home improvement or hardware store. Some department stores sell the most common filter sizes as well. Decrease the hassle of changing the air filter by stocking up on a few spares to have on hand in the coming months.



5. Insert the new filter: Make sure the arrows point the correct way when you insert the filter. Proper airflow requires that the filter be oriented correctly.

AIR DUCT DANGERS & *HOW TO AVOID THEM!*

DID YOU KNOW?

According to a study conducted by the National Institutes of Health and cited in Total Health Magazine, the most common home allergens are seasonal pollen, mold, dust, dust mites, animal dander, and chemicals including formaldehyde, volatile organic compounds, conventional paint and finishes, and permanent fabric treatments.



AVOIDING AIR DUCT DANGERS

Heating and cooling systems are the lungs of a home, taking air in and breathing it back out – also, if your air ducts look dirty, they probably are. A typical six-room home, up to 40 pounds of dust is created every year through everyday living; and these contaminants are pulled into your HVAC system and recirculated up to seven times per day.

AVOIDING AIR DUCT DANGERS

By **improving air flow** and reducing the sources of these particulates, chemicals, and moisture, you can avoid air duct dangers and **lower your home's levels of typical airborne allergens.**

To avoid the health hazards caused by unhealthy air, consider the following tips for ways to eliminate air duct dangers and to improve your home's indoor air quality:

- ✓ *Have your HVAC system inspected and cleaned by an air duct cleaning professional. Cleaning your air duct system removes the particulates and chemicals that are trapped in your ductwork, minimizing air duct dangers.*
- ✓ *Use a vacuum with double-bagging, or a HEPA filter.*
- ✓ *Cut back on the carpeting and drapes. Consider tile and hardwood, and roll up shades instead.*
- ✓ *Use central air conditioning set on "recirculate." Doing this excludes much of the pollen and mold from the air in your home.*
- ✓ *Take off your shoes right outside the door, before coming inside, or at least wipe them well on an outdoor mat.*



WHEN IT'S TIME TO CALL A PROFESSIONAL

You might be surprised to find out how much dust is in your home.

Cleaning of the air ducts helps maintain healthy indoor air quality in your home.

It's time to call a professional if...

- ✓ You notice that you need to sweep and dust more than usual.
- ✓ Experience higher than normal utility bills – cleaning of air ducts can improve your system's efficiency. ASHRAE study concluded that maintaining HVAC system cleanliness in homes would reduce average operating costs by 10% to 25%.
- ✓ Allergy signs appear, especially after air starts to flow – cleaning of air ducts can remove particulates such as mold and dust, which are known triggers.
- ✓ Rooms in your home have little or no air flow coming from the air conditioning vents – cleaning of air ducts will help restore air flow throughout your ventilation system.



CALL FOR A
**FREE AIR DUCT
CLEANING QUOTE**

*See how the indoor air quality experts
at **AdvantaClean** can help!*



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