



Indoor air is often two to five times more contaminated than outdoor air. Does the air you breathe inside your home contain these hidden contaminants?



DUST & PET DANDER

Dust mites and pet dander have a tendency to collect on carpets, furniture, and bedding.



MOLD

Mold can quickly develop in areas with humidity levels above 60%, such as the crawl space.



CARBON MONOXIDE

This invisible yet lethal gas can leak from combustion appliances inside your home.



VOLATILE ORGANIC COMPOUNDS

VOCs can cause eye, nose, and throat irritation and emanate from synthetic fabrics, pressed wood furniture, paints, and more.



POLLEN

Outdoor pollen can seep indoors through air leaks in your home's exterior.



VIRUSES & BACTERIA

Heating and cooling system filters often do not remove germs from your indoor air.

6 WAYS TO IMPROVE INDOOR AIR QUALITY



1. CLEAN OFTEN

Vacuum carpets, dust furniture, and wash bedding and furniture covers frequently.



4. SEAL DUCTWORK

Have a professional seal duct leaks to keep contaminants out of your HVAC system.



2. CHECK AIR FILTERS

Check your HVAC air filters at least once a month and change as soon as dust or dirt begins to accumulate.



5. REMOVE MOLD

Have a mold remediation specialist inspect your home for musty odors and mold — and remove mold as needed according to the top industry standards.



3. SEAL AIR LEAKS

Have a professional air seal the tiny holes in your home's exterior to help keep pollutants out.



6. ENCAPSULATE THE CRAWL SPACE

Many IAQ issues stem from an unhealthy crawl space. Encapsulation eliminates crawl space mold and moisture issues through air sealing, installation of a vapor barrier, and dehumidification.

Want to eliminate hidden contaminants in your home? We make your home healthier from the ground up.



Talk to an indoor air quality expert today!

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