



Healthy Home IAQ Checklist

Maintaining healthy indoor air quality (IAQ) is essential for your family's comfort and well-being. If you suffer from allergies, have pets, or just want cleaner air at home, this checklist is for you. Follow these simple steps to reduce airborne irritants and improve the air you breathe every day.

- 1 **Replace HVAC air filters every 1 to 3 months to trap allergens, dust, and dander.**
- 2 **Install a whole-home air purifier to neutralize airborne particles and odors.**
- 3 **Maintain indoor humidity between 30% and 50% to prevent mold and dust mite growth.**
- 4 **Have your ductwork cleaned every 3 to 5 years to remove trapped debris and contaminants.**
- 5 **Vacuum high-traffic areas often using a vacuum with a HEPA filter.**
- 6 **Groom pets regularly and keep pet bedding clean to minimize dander.**
- 7 **Avoid using harsh cleaning chemicals or aerosol sprays indoors.**
- 8 **Ventilate your home by opening windows occasionally, weather permitting.**
- 9 **Inspect damp areas like basements and bathrooms for signs of mold or mildew.**
- 11 **Add indoor plants known to improve air quality, like peace lilies or spider plants.**

Cleaner air means a healthier, more comfortable home. Need help improving your indoor air quality? Hall's Heating & Air has solutions you can trust.



Contact Hall's Heating & Air for professional HVAC services!

 **806-669-2437**

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