

NEWS RELEASE

Contact: Noah Wood, Star Quality Air Conditioning, Inc.
Phone: 772-299-9818

Indoor Air Can be 70 Times More Polluted than Outdoor Air

You want your home to be safe, secure, and comfortable. You want it to be warm in the winter, cool in the summer, and to not cost you a fortune in the process. But what if the very system that brings you this security is also a breeding ground for serious health issues?

Don't pack up just yet. There could be a low cost, easy solution.

"The more your 'sealed' home is for energy efficiency, the more germs, pollutants, and allergens it's keeping in," says Noah of Star Quality Air Conditioning. "In order to maintain humidity and temperature levels, the same air is continuously recycled throughout a home. This increases comfort, but it can also increase health risks. Breathing certain mold spores can cause illness – or even death – and they can develop inside the dark and damp environments of your duct system"

In fact, indoor air can be up to 70 times *more* polluted than the air outside your home. So what can you do? Star Quality Air Conditioning recommends these measures for maintaining a healthy home:

- Have ventilation systems cleaned annually to help eliminate dirt and mold growth.
- A qualified technician should check to be sure that *all* return air is run through the filter system.
- Verify that the filter system meets size requirements for peak operation.
- Ask about purification devices that can eliminate condensed moisture from the air conditioning systems. Technology has yielded many inexpensive, easy solutions.

Noah told us "You don't have to choose comfort *or* health. You can have both for your family. It's simply a matter of taking minor precautions."

These precautions are part of Star Quality Air Conditioning's effort to educate the public about indoor air quality. Star Quality Air wants to show homeowners certain energy and health saving techniques that can save hundreds of dollars in needless expenditures each season.

You can get a free indoor energy survey and more tips on maintaining a healthy home by calling Star Quality Air Conditioning at 772-299-9818.

"What better way to celebrate being a heating and cooling professional than to offer real benefits to our customers and community? That's what being in service is all about," says Noah.

END

Source: www.StarQualityAir.com