



Good Indoor Air Quality – Essential for Good Health

According to studies conducted by the U.S. Environmental Protection Agency, exposure to air pollutants can be 100 times higher indoors than outdoors. Most people spend 90 percent of their time indoors, and 50 percent of all illnesses are either caused by or aggravated by poor indoor air quality (IAQ).

Indoor air pollutants can be the cause of numerous health-related problems. Indoor air pollutants can cause you to suffer from flu-like symptoms such as headaches, nausea, and respiratory irritation. They can also exacerbate existing illnesses such as allergies and asthma. Recent statistics show that more than 40 million people suffer from asthma and allergies.

Reducing the amount of pollutants in the air is the most effective way to improve indoor air quality. Frequent dusting and vacuuming will reduce the amount of dust and dust mites present in your home. However, not all airborne particles can be eliminated, says Postma. Filtration devices can eliminate particles that are too small to be captured by a vacuum. Some filtration devices include UV light units, air filters and heat recovery ventilators (HRVs).

UV light units help decompose contaminants such as bacteria, chemicals, dust mites, animal dander, cat saliva, and mold through a process called photolysis oxidation. When the UV lights are installed in the ductwork of your central air and heat system, they can eliminate most of the organisms in the treated area.

The efficiency of the air filter should be a top consideration. Efficiency is measured in terms of the particle size an air filter can capture. The higher the efficiency, the more effective it will be. Look for the filter's MERV (Minimum Efficiency Reporting Value) number, a new industry standard that rates filters based on their performance. Residential filters typically have a MERV range of 1-8. Higher ratings indicate more efficient filters.

The heat recovery ventilator (HRV) brings fresh air into the home and exhaust stale air out. The HRV conserves energy from indoor conditioned air, and transfers it to the outdoor air as it is brought into the home to provide ventilation.

To find out more about how to improve your indoor air quality or about purchasing an air filter, HRV or UV light unit call Postma Heating and Cooling at (519) 354-9491. Postma Heating and Cooling has been providing service in the Chatham-Kent area for over 20 years.

22132 Charing Cross Road, Chatham, ON N7M 5J3
519-354-9491 or 1-877-332-8548
www.postma.ca