

Are your pets making you sneeze?



- If you've got a pet, you already know you're living with pet dander, pet hair, pollens, allergens, and whatever else they bring into the house.
- Keep your pets healthy by protecting them from fleas and ticks with the treatments recommended by your veterinarian. You'll both appreciate your home free of these unwelcome pests.
- With a regular vacuum cleaner, not only do most of the tiny allergens pass right thru the bag, the exhaust blows still more of them up out of the carpet and into the air you breathe. So use a vacuum with HEPA filtration that can capture up to 99% of all pet dander, allergens, pollen and more.
- In addition to HEPA filtration, be sure your vacuum has extensions, so they can reach places like deep under beds, where cats and dogs love to hang out.
- Since allergens often go airborne, forced air heating and cooling systems are notorious for spreading them throughout your home. So clean your registers and vents each time you vacuum.
- Change your air filters monthly or according to the manufacturer's schedule. Use at least a MERV 7 efficiency rated filter.
- Have your air ducts inspected to determine if it's time they are thoroughly cleaned.
- Have your HVAC system, including supply ducts, return air ducts and registers, professionally cleaned.



Healthy Home Guide



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"We improve indoor air quality by eliminating pests, and remediating crawl space mold and moisture!"

Healthy Home Guide

A quick reference of solutions to provide a cleaner, healthier home environment for your family –especially for those who suffer from allergies and asthma.



You will breathe easier in a clean, healthy, pest-free home with quality indoor air.

Improve the indoor air quality and eliminate unhealthy dust, pet dander, dust mites, allergens, germs, pollens, bacteria, mildew, mold, and unwanted pests.



Healthy Housekeeping Basics

- Use a vacuum cleaner that has HEPA filtration, extension wands to vacuum difficult areas to reach, and brush attachments to clean areas like upholstery furniture where allergens, pet dander, and dust mites lurk.



- After vacuuming, mop hard surface floors. Use a high performance, non-toxic waterborne floor care product, preferably one that meets GreenGuard standards.
- Use environmentally friendly cleaning products to avoid reactions to harsh or toxic chemicals.
- Use microfiber cloths to dust and clean. They “grab” the dust and grime.
- Disinfect areas that attract germs such as light switch plates, door knobs, refrigerator handles, faucets, phone receivers, and remote controls.
- Change bedding frequently and wash in hot water. Vacuum the mattresses at least monthly.
- If you have a family member with asthma or allergies, clean at least an hour before they are home and avoid scented air fresheners.

Carpets- Don't Let Yours Become the Home to Dirt and Dust Mites!

- Remove shoes as they are a major culprit for bringing in dust, dander, and pollens.
- Vacuum high traffic areas frequently.
- Clean carpeting 3 or 4 times a year to get the dirt and dust mites that live deep within the carpet piling.
- Steam clean or use one of the newest carpet cleaning technologies such as low moisture, encapsulation with cylindrical brush pile agitation, which is fast, safe, and highly effective. Carpets can be walked on almost immediately.



Quality Indoor Air - Clean Ducts and Change Filters

- Have your air ducts professionally cleaned, especially if you notice dust reappearing just after home cleaning, after replacing your air conditioning unit, if you've had carpet, draperies, and upholstery cleaned.



- Also, if moving into a new or existing home with construction dust or contaminants from previous owners that have collected over time.



- Cleaning ducts will remove contaminants such as pollens, pet dander, allergens, and mold spores.
- Your air duct cleaning service should use rotating brushes and a vacuum system with HEPA filtration to remove debris, contaminants, and the tiniest of airborne particles. The system should be able to reach all areas of your duct work.
- An environmentally safe and EPA registered anti-microbial fog should be used to complete the cleaning process.
- Upgrade and regularly maintain air filters using at least MERV 7 efficiency rated filters.
- Have your HVAC system, including supply ducts, return air ducts and registers, professionally cleaned.
- If you have respiratory health concerns, consider purchasing a quality HEPA room air purifier to maintain high quality indoor air.

Crawl Space Care – Eliminate Moisture and Mildew

- Moisture and mildew in the crawl space or basement are leading causes of poor indoor air quality in your home and should be eliminated.

- Prevent standing water in the crawl space using proper grading and drainage. Avoid installing crawl space fans—these accelerate moisture increase by drawing in additional humid outside air.



- Have a high quality closed crawl space system such as CrawlSpace Care professionally installed.



Household Pest Prevention

- Cockroaches and other household pests carry microbes that can trigger allergic and asthmatic reactions. Keep food stored in sealed containers, repair water leaks, eradicate moisture in the home, seal entry areas such as holes around pipes and wires, and repair damaged weather stripping under doors and windows.
- Cut back trees, shrubs, and plants that are in contact with your home.
- Remove most allergens brought in by household pests by frequently cleaning and vacuuming.
- If you have asthma, avoid using pesticides inside the home. Instead, use traps or baits and seal places where insects can enter your house.
- Use environmentally friendly pest control and prevention products.
- Always use a NPMA Green Pro-certified pest management company.