Why You Need to Clean the Air Duct by John Larkin

Article published on February 7th 2012 | Gardening

Are you unable to detect the reason for your family memberâ€™s continuous health problems? Check out your indoor air quality because poor indoor air quality can cause a wide range of health and respiratory problems. According to World Health Organization (WHO), nearly 2 million people die prematurely from illnesses that are caused due to poor indoor air quality. Indoor air quality are affected due to a wide range of factors such as combustion, wet or damp carpet, central heating and cooling systems, humidification devices, pesticides, pollens and much more.

Among the different types of contributing factors, air duct plays an important role in declining the quality of indoor air thatâ€™s why it is important to clean the air ducts on regular basis to enhance the quality of the indoor air. Air ducts accumulate a large amount of dirt, debris, pollens, harmful particles and pathogens that are responsible for causing respiratory and health disorders. If the air ducts are not cleaned frequently then it even become a breeding ground for mold, bacteria and mildew. Therefore, it is important to clean the air ducts on regular basis.

Usually, air duct cleaning is the physical cleaning of heating, ventilating, and air-conditioning systemâ€™s components including ducts, supply and return air ducts, heat exchangers, filters, drip or condensate drain pans, diffusers, fan motor and housing, grillers and air handling unit housing. It is important to clean the air ducts on regular basis because dust, pollens and debris that are circulating within the hvac system will accumulate in the insulating materials over time. If these dust particles are left unchecked, they might become a breeding ground for bacterial and fungal growth which might ultimately trigger allergy, rashes, and respiratory problems in no time.

Identifying the best hvac systems with proper internal design and frequent maintenance can help you to get rid of health problems caused due to air duct pollution. Since, the air supply ducts of hvac systems are usually a sealed system. It might not be easy for you to perform all the cleaning process without prior experience. Hence, itâ€™s safe to call a professional air conditioning repair specialist to perform the cleaning process effectively.

Remember, hiring an expert air conditioning repair specialist every time can be expensive, so itâ€™s better to discuss with an expert and gain some basic techniques to clean the air ducts safely and effectively. But, donâ€™t forget to use gloves and masks during the cleaning process because toxic molds can cause skin allergies and respiratory problems.

Article Source:
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John Larkin - About Author:
a air duct cleaning Sacramento companies use modern tools and strategies to clean the air ducts effectively without releasing the harmful particles back into the home. The author is an expert in the a air conditioning repair Sacramento arena and has written many articles regarding air duct cleaning Sacramento in the past.

Article Keywords:
air duct cleaning Sacramento, air conditioning repair Sacramento, air conditioning repair, air duct cleaning

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