

How to Get Pure, Refined Air in Your Home



It's been a tough year. Reward yourself with a cleaner home

By Kyle Gargaro

We know it too. Everybody had a tough 2020. Maybe you were waiting to return to work. Maybe you were trying to manage both your company *and* your children's schooling at the same time. But whatever challenge you had to overcome this year, reward yourself with a cleaner, healthier, more comfortable home. And the best part is that you don't even need to move your address to make this happen.

The Pure Air You Want to Breathe

Cue [indoor air quality](#). It's easy to forget everything floating around in the air when you can't see it — mold, dust, human hair, particles carrying disease, and much more. These tiny pollutants can be blown in from outside, tossed into the air during the normal routines of life, or introduced into the air by any other number of sources. The important thing is: You don't want these in your lungs. Our bodies do some filtration naturally, but if you don't want to overwork your lungs, or if you want to get rid of a pesky cough that could be due to air quality, your body might need some extra help.

Create a Home with Pristine Air

Filters and Filtration

First, specialized technologies for [air filtration and purification](#) can remove large pollutants from the air and disarm germs that hitchhike on particles too small for any filter to efficiently catch (those tiny particles can be over 20x thinner than a human hair). The Environmental Protection Agency (EPA) recommends a MERV-13 filter, which is a fancy name for the filter's ability to catch those really, really little particles. Other options, such as HEPA filters, can help keep your air clean as well. Your local HVAC contractor can walk you through the right filter for your system, which can attach to your furnace or ventilation system.

Plus, there are systems designed to disarm and neutralize any harmful chemicals or pathogens in the air. Ultraviolet lights can be added into a home system to help prevent airborne illnesses from circulating around a home through vents or hallways. Another solution, air ionization, uses electrical charges to break apart harmful air particles.

Controlling Humidity

Controlling the humidity in a home is also an important step in preserving health and comfort. Nobody likes a dry throat, and the amount of water in the air has a direct influence on how long harmful bacteria/viruses survive, and for how long particles carrying them stay aloft. Smart technologies exist to keep control of the humidity in your home and ensure it stays at the ideal levels to avoid coughing, scratchy throats, and sickness.

Ventilation

Just as stagnant water breeds algae growth, stagnant air in a home is not healthy either. When air isn't moving, it isn't having the chance to pass through filters, ultraviolet lights, or even properly warm or cool your house. Sometimes a room being off-temperature isn't the sign of a faulty system that needs to be replaced, but instead is a sign that the [ventilation](#) in your home is imperfect. Your local contractor can take a look at your house and ensure that air is moving like it's supposed to, and can fix the problem if it isn't.

Reward yourself for a hard year with a cleaner, healthier space for you and your family to live in.