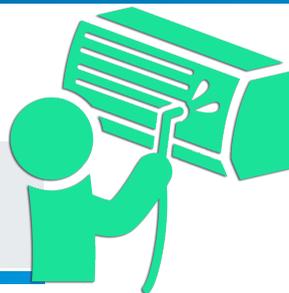


Environment

Indoor Air Quality is Important



According to the EPA, indoor air quality is among the top five risks to human health. This is probably due to indoor air being two to five times more polluted than outdoor air. Homeowners are unable to see the majority of indoor air contaminants. Every cubic foot of air breathed carries a mixture of millions of microscopic particles such as pollen, mold spores and dust mite debris. In small concentrations, these particles and gasses may cause discomfort in the home. In significant concentrations, they can cause sickness as these are among the most troublesome triggers of such ailments as asthma and allergies.

Do You Have A Healthy Home?

Indoor Air Quality products for your air conditioning and heating system can make your home a dramatically healthier place for you and your family. By filtering the air, controlling humidity, and cycling fresh outdoor air into the home.

Consistent temperature is healthy. Many people underestimate the effect of how frequently fluctuating temperatures can have on their health. Being overly warm or cold can quickly use up a person's energy, leaving them chronically fatigued and running down their immune system. An Air Conditioning system maintains a constant pleasant room temperature which puts the body on an even keel and makes a person better equipped to fight off infection.

Removing fumes and odors is always a good thing. A bad smell is unpleasant enough by itself, but it's often also an indicator of a deeper and more serious problem – stale air, fumes, or carelessly stored cleaning chemicals. All of these things can have an effect on health if they permeate the air and it is allowed to become stagnant. An efficient AC system will deal with this as a matter of course.

Maintain Indoor Air Quality in Four Ways:

1) Filter or neutralize particulates found in indoor air:

Air cleaners installed just ahead of the heating and cooling equipment remove a portion of airborne pollutants each time air is pulled into the return air ducts.

2) Learn About Reduction:

Proper humidification levels are equally important in both hot and cold environments. This is needed to control relative humidity levels in the home, minimizing unhealthy airborne pollutants. Too little humidity leaves the body vulnerable to infections and can cause damage to the home's wood furnishings. Also, too much humidity creates the ideal breeding grounds for mold, mildew, and dust mites.

3) Moisture Control:

Installing Ultra-Violet Treatment Systems help stop the problem before they start. By sterilizing pathogens with UV Treatment Systems, homeowners deter such harmful contaminants as mold, mildew, bacteria and viruses from forming.

4) Source Control:

Replace a portion of the indoor air with fresh outdoor air. Opening windows is one way to increase the pace of air exchange.

At AJ's Air – A/C & Refrigeration, we want to educate our clients and advise them on how to use the units responsibly. Contact us now and let us help you protect your health!



A/C PROBLEM?

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