



# LEARN ABOUT INDOOR AIR QUALITY - What It Is, & How to Improve It

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**TODAY, MORE PEOPLE ARE THINKING ABOUT THE AIR QUALITY IN THEIR HOMES.** Many people are spending more time at home, so the air they and their families breathe is more important to them than ever. In addition, modern homes are built to be more airtight and well-insulated, so the air that circulates throughout the home stays inside, and is breathed in over and over again. Therefore, making sure it's healthy and clean is a priority for homeowners.

What, exactly, is indoor air quality? How do you know if your air quality is good, and if it isn't, what can you do to improve it? In this guide, we will talk about the definition of indoor air quality, and what it means for your home. We'll explain a few measures you can take right away to improve your air quality, and give you some information on products that are available on the market that can help improve poor air quality. Keep reading to learn more!



## What Is Indoor Air Quality (IAQ)?

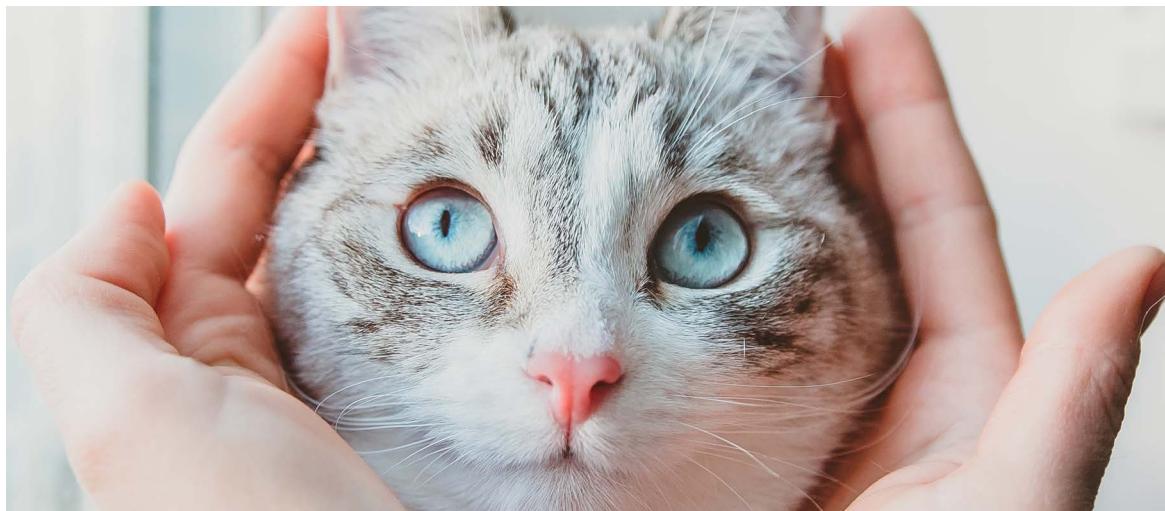
Indoor air quality is defined by the [Environmental Protection Agency \(EPA\)](#) as “the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants. Understanding and controlling common pollutants indoors can help reduce your risk of indoor health concerns.” And, according to the EPA, indoor air quality can cause some health concerns if it isn’t healthy. These concerns can include:

- Irritation of eyes
- Irritation of nasal passages
- Irritation of throat
- Headache
- Dizziness
- Fatigue

Generally speaking, removing yourself from the source of these irritants and getting fresher, cleaner air usually causes these symptoms to go away on their own, but prolonged exposure can lead to respiratory illness and other health concerns that are more long-term. Fortunately, if you or your family are showing any of the above symptoms, there are steps you can take to ensure your indoor air quality is not the cause of them.

## What Causes Poor Indoor Air Quality?

There are any number of factors that can make your home’s air quality less than healthy, but usually the biggest culprit is [indoor particulate matter](#). There are a number of microscopic particulates that float through the air at any given time, but some can cause major irritation and health concerns. Some of the biggest offenders include:



- Pet Dander
- Dust
- Dirt
- Pollen
- Spores
- Cooking, Wood, or Tobacco Smoke
- Viruses
- Bacteria

Obviously, because these are microscopic, they can easily enter the respiratory system by simply breathing. Removing them from your indoor air is key, because they can cause the symptoms listed in the previous section and are especially troublesome to those with allergies, asthma, or other respiratory concerns.

## What Can I Do to Improve My IAQ Right Away?

Luckily, there are some measures that can help reduce indoor air particulates and improve your IAQ – and you can take them today!



- **High-pollen day? Keep windows closed.** Most allergy sufferers keep an eye on the pollen count before heading outdoors. But you should know, pollen can easily enter your home through an open window. Plant pollens can travel many miles – so even if your area is goldenrod-free, for instance, its pollen could be hitching a ride on the wind, and entering your home through your window.
- **Leave your coat and shoes on the porch.** When you go outside, particulates can cling to you and then come inside with you when you enter your home. If you can, leave your outerwear and shoes on the porch or entryway. That way, you won't track particles like pollen through your home.
- **Vacuum your carpets and rugs often.** Carpeting holds all sorts of particulates that get stirred up when people walk through the home. Some vacuums have built-in HEPA filters, too, which can hold those microscopic culprits inside your cleaner – and out of your home's air.



- **Change your HVAC system's filter.** The HVAC system in your home is responsible for circulating conditioned air – and if the filter is dirty, that air can be full of dust, dirt, and other particles. Making sure to change it whenever it becomes dirty can reduce them, and help the air in your home be fresher and cleaner. (And, it helps your HVAC system operate more effectively and efficiently, too.)

While these changes can be helpful, they may not sufficiently reduce indoor air particulates to the point where you and your family are comfortable. If you're still noticing that the air in your home isn't as clean as you'd like, the next step is to look into products that are made to help clear the air in your home.

## IAQ Equipment from Empire Can Help You Breathe Easier

Fortunately, you and your family are not doomed to suffer with poor indoor air. Today, there are a number of products available that can help remove particulates from your air – helping you and your family breathe easier.

Below, you'll find a listing of products that can help you take control of the air quality in your home. These products are made to mitigate, remove, and in some instances kill, particulates and organic matter like mold, bacteria, and viruses. At Empire, one of our areas of specialty is indoor air quality, and providing customers with advanced IAQ products:

- Air Filters
- Ultraviolet Air Purifiers
- Ionic Air Filters
- Energy Recovery Ventilators
- Ultraviolet Germicidal Lights
- Photocatalytic Air Purifiers
- Humidification
- Dehumidification
- Low-Level Carbon Monoxide Detectors

Additionally, we also offer a number of services that can help improve your home's indoor air quality. These services go beyond simply installing indoor air quality products. They can identify IAQ concerns in your home, and provide measures that can help to keep your HVAC system and indoor air quality products working harmoniously and effectively. Our services include:

- Indoor Air Quality Testing
- Outside Air Ducting
- Duct Sealing
- Clean Green Comfort System Installation

[\*\*WE ENCOURAGE YOU TO VISIT OUR INDOOR AIR QUALITY PAGE  
BY CLICKING HERE TO LEARN MORE.\*\*](#)

**If You Need Help with Your IAQ,  
Empire is Ready to Assist You.**

We want you and your family to enjoy the best possible air in your home. Call us for a free consultation today at 404.294.0900, and we'll be more than happy to schedule an appointment to talk to you about ways we can help you and your family breathe easier, and enjoy fresher indoor air.