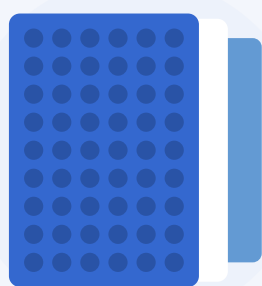


IAQ TIPS FOR ALLERGY SEASON

Allergy season in Louisville can be a challenging time. Maintaining excellent indoor air quality is crucial to alleviate allergy symptoms and ensure a comfortable living environment.

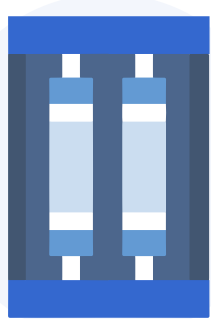


Let's explore some effective indoor air quality tips that can help you combat allergies and enjoy a healthier home. By following these recommendations, you can make the most of allergy season and breathe easier throughout the year.



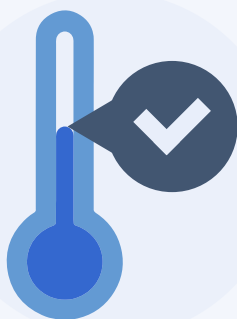
Regularly Change Air Filters

Frequent filter changes are a simple yet highly effective way to improve indoor air quality. Allergens like pollen, dust, and pet dander can accumulate in your HVAC system's filters, causing them to circulate throughout your home. By changing these filters regularly, you can minimize the presence of allergens and ensure cleaner air.



Invest In UV Lights

Investing in UV lights can be a game-changer during allergy season. Consider the REME Halo UV light, which employs ionized hydrogen peroxide to significantly improve air quality by cleansing both the air and surfaces in your home. These lights effectively target and neutralize allergens, mold, and bacteria, reducing potential triggers for allergies, and providing a breath of fresh, clean air for your household.



Maintain Proper Humidity Levels

Balancing humidity levels in your home can play a vital role in reducing allergen concentrations. By keeping indoor humidity between 30-50%, you create an environment that is less conducive to the growth of mold and dust mites, common allergen triggers.



Schedule Professional Duct Cleaning

Over time, your air ducts can accumulate dust, mold, and other allergens. Scheduling professional duct cleaning services can ensure that your HVAC system is free from these irritants. This process not only improves air quality but also enhances the efficiency of your heating and cooling systems.

Don't let allergy season compromise your comfort and well-being. For more personalized guidance and HVAC solutions tailored to your needs, contact **One Choice Mechanical** in Louisville, KY. Our team is dedicated to providing comprehensive indoor air quality services, ensuring you and your family breathe cleaner, healthier air all year round. Get in touch today by calling **(502) 242-8204** or visiting www.ocmech.com to create an allergy-friendly living environment.