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# **Season Flare Ups**

by MBI | Mar 27, 2017 | Air Quality Management, allergies, indoor air quality

With spring comes wildflowers, sunshine, new life.....and you guessed it - allergies.

Springtime activities such as hiking, swimming or tending a garden are treats some people look forward to all year. Reality is, sometimes allergens can put a major kink in some of our favorite seasonal pursuits. As it is, most of the state of Pennsylvania is already facing medium to medium-high pollen threats, and we've only now turned the official corner into

spring.

Understandably so, when the allergens in the air make the season feel more like a nightmare for the respiratory system than another day in paradise, many retreat to the "safe" indoors.

While seeking haven inside your air-conditioned home may help you avoid allergens landing on your skin and clothing, if you don't have the right air filters or you aren't changing your filters regularly, the benefit of staying indoors might not be worth the Vitamin D sacrifice.

Contrary to popular belief, typical air filters do not prevent allergens from traveling indoors. Average filters are intended to cut down on dust build up in AC equipment in order to keep the system running flawlessly. Unfortunately, most of them do just that and only that, leaving allergen haunted residents feeling just as miserable while indoors.

#### **Changing the Air Filters**

Experts recommend changing your air filters once every three months, at the very least. For allergies, this means the air coming into your home will be cleaner. If you leave your normal air filters in for lengthy periods, such as a year or more, you're probably punishing your lungs. Dust builds up in the filter over time, as it should, and eventually, the filter contains so much dust and that's what anyone indoors will inhale. Among the worst cases, you might actually be safer outdoors than inside with things like pet dander adding even more to your issues.

In addition to helping prevent allergy symptoms, properly kept up filters can increase the efficiency of your AC system, saving you some serious cash.

#### **Allergy-Preventing Filters**

Typical filters may serve as a gatekeeper for dust and minimal allergens, but they won't be saving the day by any means. Irritants such as pollen and bacteria still find their way into the air you're breathing in while indoors.

If you want to battle the major allergens, look into more specialized filters, frequently referred to as HEPA filters. Even the smallest particles have a difficult time getting through these, with some HEPA filters blocking up to 99 percent of air contaminants. If even one of these filters isn't helping, call a professional for a cleaning. It'll be worth not missing any additional work or school.

Do your research and make sure to get this taken care of early on before the summer humidity brings the potential for additional challenges, like mold.

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