

Reduce Seasonal Allergies with Better Indoor Air Quality

Sniffles from seasonal allergies can seem impossible to avoid. Luckily, it isn't difficult to reduce the number of allergens and contaminants in your air, improve the quality of the air in your home, and alleviate your seasonal allergy symptoms.

The Signs and Symptoms of Poor Indoor Air Quality (IAQ)



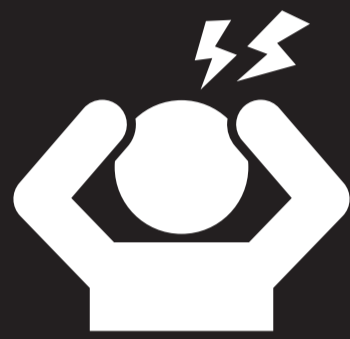
Increased dust on surfaces



A dirty air filter



Condensation on walls



Frequent headaches



Coughing and sneezing

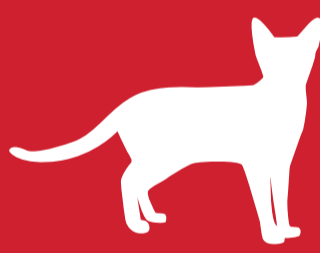


Fatigue

Common IAQ Contaminants



Pollen & other allergens



Pet dander



VOCs
(volatile organic compounds)



Radon



Carbon monoxide

How to Improve Your IAQ

There are a number of upgrades you can make to improve your home IAQ, including:



Installing ventilation and purification systems



Cleaning your ductwork



Upgrading your air filters



Upgrade to a heat pump

and more...

WANT TO KNOW HOW TO IMPROVE YOUR SPECIFIC HOME'S INDOOR AIR QUALITY, MAKE YOUR HOME MORE COMFORTABLE, AND POTENTIALLY DECREASE YOUR ENERGY BILLS? ASK ABOUT IMPROVING YOUR IAQ WITH ANCHOR!