

5 Steps to Better Indoor Air Quality in DFW

Green Attics – HVAC & Air Quality Specialists in North Texas



Why Indoor Air Quality Matters

The **DFW area** experiences **high humidity, seasonal allergens, and air pollution**, all of which affect the air inside your home. Poor indoor air quality can cause:

- **Allergy & asthma flare-ups.**
- **High humidity, leading to mold & mildew growth.**
- **Dust buildup that strains your HVAC system.**

5 Steps to Better Indoor Air Quality in DFW

Follow these **5 simple steps** to improve air quality and create a **healthier home**.

Step 1: Replace Air Filters Regularly

♦ **Why?** Dirty air filters trap dust, pet dander, and pollutants, but once clogged, they **reduce airflow and recirculate contaminants**.

♦ **What to do:**

- ✓ Change filters **every 1-3 months**.
- ✓ Use **HEPA or high-MERV filters** for better filtration.
- ✓ Check filters more often if you have **pets or allergies**.



Pro Tip: A clean air filter **improves HVAC efficiency and lowers energy bills!**

Step 2: Control Humidity Levels (30-50%)

♦ **Why?** DFW's **high humidity** can create the perfect environment for **mold, mildew, and dust mites**.

♦ **What to do:**

- ✓ Use a **dehumidifier** to maintain humidity between **30-50%**.

- ✓ Keep AC **drain lines clean** to prevent moisture buildup.
- ✓ Ventilate **bathrooms & kitchens** to reduce excess moisture.

💡 **Pro Tip:** A whole-home dehumidifier **can improve air quality while reducing strain on your AC.**

Step 3: Improve Ventilation & Airflow

♦ **Why?** Modern homes are **well-sealed for energy efficiency**, but without proper ventilation, **stale, polluted air gets trapped inside.**

♦ **What to do:**

- ✓ Open windows **when outdoor air quality is good.**
- ✓ Use **exhaust fans** in kitchens & bathrooms to remove contaminants.
- ✓ Upgrade to an **Energy Recovery Ventilator (ERV)** for fresh air circulation.

💡 **Pro Tip:** Poor airflow **makes your home feel stuffy and can worsen allergies.**

Step 4: Use Air Purifiers & Whole-Home Filtration

♦ **Why?** Air purifiers and HVAC filtration systems **remove airborne pollutants** like dust, pollen, bacteria, and smoke.

♦ **What to do:**

- ✓ Place **HEPA air purifiers** in high-traffic areas like bedrooms and living rooms.
- ✓ Upgrade to a **whole-home air filtration system** for 24/7 clean air.
- ✓ Consider **UV light purifiers** to eliminate bacteria and mold spores.

💡 **Pro Tip:** HVAC UV air purifiers kill bacteria **before it circulates through your home!**

Step 5: Keep Your HVAC System Well-Maintained

♦ **Why?** Your HVAC system plays a **huge role** in air quality. A neglected system **recirculates dust, mold, and pollutants.**

♦ **What to do:**

- ✓ **Schedule seasonal tune-ups** to ensure clean, efficient airflow.
- ✓ **Check ducts for leaks**—leaky ducts pull in contaminants from attics & crawl

spaces.

✔ **Seal and insulate your ductwork** to prevent dust buildup.

💡 **Pro Tip:** Professional duct cleaning **removes years of dust & allergens**, improving air quality instantly!

When to Call a Professional for Air Quality Issues

If you notice **musty odors, excessive dust, or high humidity**, it may be time for professional air quality services.

♦ **Signs You Need Expert Help:**

- ✗ Frequent **allergy or asthma symptoms** indoors.
- ✗ **Mold or mildew growth** on vents, windows, or walls.
- ✗ **Unexplained high humidity** despite AC running.
- ✗ **Dust buildup shortly after cleaning.**

Green Attics Can Help!

- ✔ Professional indoor air quality testing.
- ✔ Whole-home air filtration system installation.
- ✔ HVAC duct sealing & maintenance to improve airflow.
- ✔ Energy-efficient ventilation & humidity control solutions.

☎ **Breathe cleaner air! [Call Green Attics](#) today for an air quality consultation.**