

# Keep & Your Home Clean & Healthy:

## *An Expert's Introduction to Fighting Indoor Air Pollution*

By Paul Iskyan

Statistics say that today, people spend up to 90% of their time at home. While virtually all of us are conscious of outdoor pollution, most do not realize that the air outside their homes is cleaner than the air inside. According to the Environmental Protection Agency (EPA), indoor air pollution, has reached epidemic levels in the United States over the past decade. In fact, it's been proven to cause everything from chronic fatigue to headaches. Other ailments attributed to indoor air pollution include watery eyes, frequent colds, flu, sore throats, stuffy noses (which can cause snoring), allergies, lack of energy and asthma.

Rugs and carpets as well as furniture and window treatments all play an integral role in affecting indoor air quality. These soft surfaces act like giant health filters. They capture dust, dirt, pollen, dust mites and all their by-products, including bacteria and other pollutants. The rugs, carpets and other soft surfaces keep the pollutants from becoming air-borne, but only up to a certain point. Once these "so-called filters" become full of pollutants, they stop holding them and start contributing to the problem.

The EPA's Dr. Michael Berry discovered that professional cleaning of these items removed leading pollutants and significantly improved the quality of the indoor air. The EPA has determined that proper cleaning can actually get your rugs and carpets up to 1500% cleaner, even if they were vacuumed every day. Dr. Berry sums it up: "The



**So what can you really do to safeguard your family's health? Actually, there are steps you can take that can dramatically improve the quality of the air you and your family breathe.**

- Use a vacuum cleaner that has a Hepa Filter.
- Be sure to clean or replace the bag when it is half 'full.'
- Use a beater bar when vacuuming rugs and carpets as it will make your work much more effective.
- Use the hose connection on the vacuum to thoroughly clean all upholstered furniture, drapes and other window treatments.
- Change the filters in your HVAC system regularly and use air cleaning devices inside your home.



**Unwanted Guests** Dust mites live off your skin flakes that settle in your carpet, upholstery, and mattresses. Their byproduct and skeletons are not healthy, particularly for people with respiratory conditions (asthma) or sensitivities (allergies).



secret to a healthy environment is a clean environment."

One of the basic preventive measures you can take is choosing the right cleaning service. Schedule regular cleaning of all your soft surfaces with a professional cleaning company. The EPA recommends that you clean wall-to-wall carpet every six months using the hot water extraction method. Use a firm that is certified by the IICRC (Institute of Inspection, Cleaning and Restoration Certification) and is trained in cleaning not only for appearance but for health.

Not all cleaning occurs inside the home. Handmade rugs and area carpets should be cleaned once a year. *Never* clean these items in your home. They should be removed and cleaned in a professional cleaning facility where rugs and carpets can be more thoroughly cleaned than in the home. Dust and dirt can be removed before washing. The washing process uses hundreds of gallons of water to remove the most embedded soil and the rugs can be properly dried in a controlled environment.

Upholstered furniture should be cleaned once a year when used infrequently and every six months for your favorite couch and chairs. Drapes and window treatments should be cleaned once a year. Fortunately most of this cleaning can and should be done right in your home.

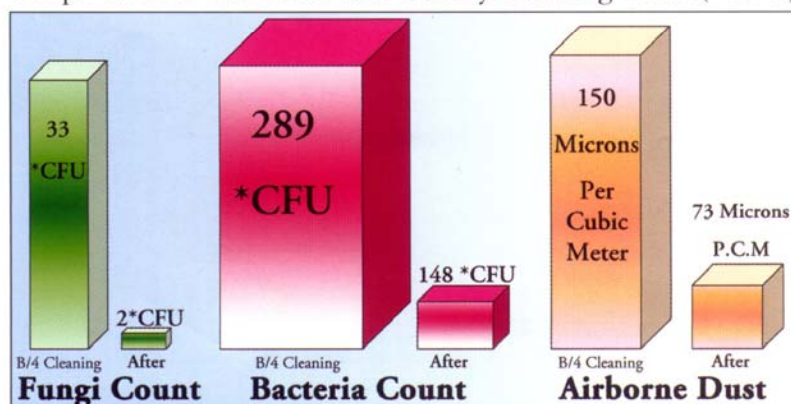
Keeping your home clean and healthy is an on-going challenge but the benefits are well worth it. You and your family will feel better and live healthier, and your home will look dramatically more beautiful. Cleaner rugs, carpets, furniture and window treatments simply look better and last longer. And now, as scientists have proven, they can help you live longer, too.

*Paul Iskyan is the CEO and fourth generation owner of Rug Renovating, a rug, carpet and home furnishing cleaning and restoration company in business since 1896. He and his firm are IICRC certified and have done extensive studies and training of the EPA guidelines.*

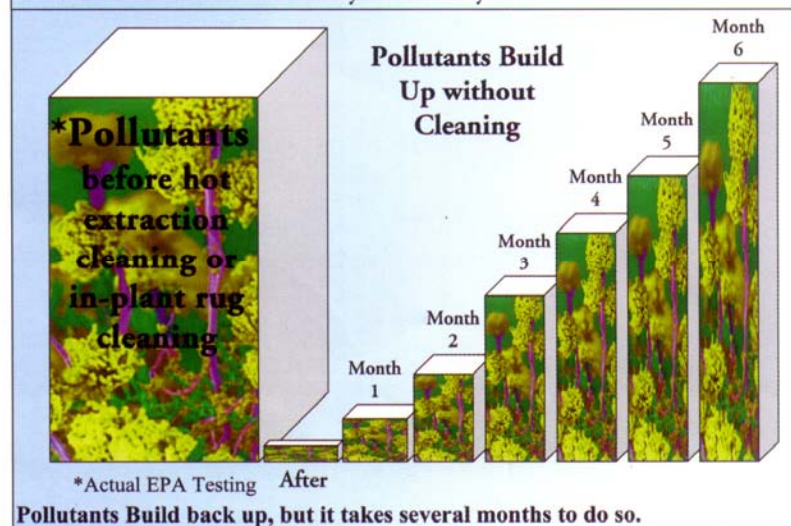
You can obtain a free copy of their *Interior Care & Maintenance Guide* by calling 800-252-7738 or by visiting [www.rugrenovating.com](http://www.rugrenovating.com)



Graph of EPA Test Results of Colony Forming Units (\*CFU)



EPA studies found that professional (Hot Extraction) cleaning or in-plant rug cleaning was consistently 100% to 1500% more effective than you can do yourself.



Pollutants Build back up, but it takes several months to do so.