

Indoor Air Quality Diagnostic Checklist



Do you or a member of your household experience any of the following on a regular basis?

- Dry Throat
- Headaches
- Asthma
- Dry Skin
- Allergies
- Stuffy Nose
- Snoring

If you answered yes to any of these, **the air quality in your home may need improvement.**

Indoor Air Quality Cleaning Checklist

Check and clean or replace HVAC filters at least once every quarter. (Every 30 days is better.)

Check HVAC return and supply vents for dust buildup.

Make sure your dryer vent is clean and free of dust buildup.

Clean the top of your ceiling fan blades.

Remember to vacuum under beds.

Clean door jambs and entry points.

Check air ducts for leaks, which may be invisible but causing air to blow in.

Wash your bedding, pillows, and curtains regularly.

Keep surfaces clean and free of dust.

Breathe Easy with Professional IAQ Services

Keeping your home clean and free of dust is just one part of the indoor air quality equation. From in-duct air purifiers to standalone humidifiers and dehumidifiers, there are many ways to improve air quality, and you can get a tailored solution from our team.