

## Duct Cleaning And Allergies

If your ducts are not cleaned regularly, you may be increasing your risk of suffering from the many symptoms and illnesses associated with indoor air pollution. Many types of pollutants and small particles can collect within the ducts that include mold, fungus, dust, bacteria and viruses as well as other outdoor pollutants, such as exhaust fumes, pollen and animal hair. The more these particles collect within the ducts, the higher chance you have of developing illnesses and symptoms associated with poor indoor air quality. If you have allergies, you are even more susceptible to the high concentration of contaminants that may be circulating within your home.

Poor indoor air quality can cause a variety of symptoms that include nausea, headaches, respiratory illness, congestion, eye and nose irritation, runny nose, trouble concentrating, malaise (generally not feeling well) and lethargy. It also increases the risk of contracting illnesses such as colds, flu and fungal or other infections. Indoor air pollution greatly contributes to the amount of severity of symptoms suffered by those with allergies and can even contribute to the development of new allergies.

Many times we do not think about the quality of air we breathe while inside our homes. However, the American Lung Association estimates that we spend anywhere from 60-90% of our time indoors. Usually, the pollutants and fine particles found within the air we breathe indoors are at substantially higher levels of concentration compared to the air outdoors. This makes those with allergies at especially high risk for the health problems associated with poor indoor air quality that may in part be attributed to the debris collected within our ducts.

Dust buildup is the most common cause of asthma and is also the biggest allergen within the home. The more dust buildup there is, the more dust mites there will be, which are true causes of dust allergies. The large quantities of dust mites that are found with collections of dust within your ducts and airborne dust particles are a major contributor to the allergy symptoms experienced by the vast majority people. It is hard to rid your house of dust and avoid the health risks of the allergic reactions attributed to dust mites if there is a large amount of dust buildup within your ducts. This dust is then circulated in high concentrations within your home and is breathed in causing a much higher risk of allergy symptoms and allergic reactions within the body.

Regular [duct cleaning](#) is essential for clean indoor air quality and the reduction of the potential health hazards associated with indoor air pollution. It is even more essential for those that suffer from allergies to avoid the severe symptoms associated with them. Dust is the most common allergy, but many other allergens can be found in high concentrations within the ducts and in the indoor air you breathe including pollen, animal hair and fungus. It is important that you clean your ducts regularly. If you do, you will find this will greatly reduce and even relieve the many allergy symptoms you are experiencing and will also reduce your chance for other indoor air pollution health risks.

### About the Author

The most important component of your [duct cleaning](#) system is the compressor. Find all cleaning accessories and supplies at <http://www.heatsealequipment.com>

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