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Offer Valid Through April 30, 2016

ISSUE

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April
2016

You Can Rely on
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Restoration &
Remediation
Problems Since
1930**



**Spring Cleaning? Don't Forget To Clean
The Air You Breathe**

When it's time to do that dreaded spring cleaning, don't overlook something very important, your indoor air. The quality of the air in your home can have a direct effect on the health of you and your family as dust, pollen, and other allergens can cause allergic reactions and respiratory problems. It is important to help improve the indoor air quality of your home by cleaning your air ducts, carpet, and watching for mold.

Studies of human exposure to air pollutants by the EPA indicate that indoor levels of pollutants may be 2 to 5 times – and occasionally more than 100 times – higher than outdoor pollutant levels.

Most people spend a majority of their time inside their homes, especially during the winter. Throughout the year, airborne allergens including bacteria, dust, pollen, dander, and spores come into the home. These allergens recirculate throughout your home. The carpeting and upholstery trap airborne allergens and if they are not cleaned thoroughly, the allergens will recirculate into the air and contribute to indoor air pollution.

The main symptoms that are associated with exposure to indoor air pollution include fatigue, headache, shortness of breath, coughing, sneezing, congestion, dizziness, nausea, and dryness of the eyes, skin, nose, and throat. It may be difficult to determine if these symptoms

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are a direct result of poor indoor air quality because these symptoms do resemble the common cold or the flu. The best indicator that these symptoms may be the result of indoor air pollution is when they occur only in a specific place and disappear shortly after leaving that place.

As dust, pollen, and other airborne particles begin to settle in your carpet, area rugs, and upholstery, they often get trapped within the fibers. When the carpet absorbs too much of these particles, it can contribute to indoor air pollution as walking on it may cause allergens to be redistributed into the air. Regular vacuuming, while important, will not adequately remove all the deeply embedded debris that could affect the indoor air quality from carpeting and area rugs.

In addition to having your carpet, rugs and upholstery cleaned, your ducts should also be cleaned. Allergens recirculate through your home by getting caught up in your air duct system.

Always check your home for the presence of mold. Breathing in toxic air can cause serious health issues.

The most effective way to improve the indoor air quality of your home is to have your carpet, area rugs and upholstery cleaned professionally by Duraclean.

Why Should You Get Your Air Ducts Cleaned?



Dirty Ducts and furnaces circulate dirty air. In addition to the normal accumulations of dust and dirt found in all homes through regular use, there are several other factors that can increase the need for air duct & furnace cleaning.

- Pets
- Cigarette or cigar smoke
- Dust Mites
- Occupants with allergies or asthma
- Water contamination or damage to the home or HVAC system
- Home renovation or remodeling projects
- Mold/Mildew
- Pollen
- Legionella Disease

Dryer Vent Cleaning

LINT is the MOST DANGEROUS & Highly Flammable Item in your home!



Dryer fires have been the leading cause of fires throughout the years. A dryer vent clogged with lint reduces airflow which causes heat build-up and possibly a fire. Dryer vent cleanings prevent dryer fires and save lives.

Having problems with your HVAC system? Let Duraclean recommend a reliable company for service.

Springtime Means Baseball Guess the Team

1. Kings and queens are these _____
2. They're not cowards _____
3. Short for Metros _____
4. Crimson stockings _____
5. Physical activities _____
6. Satan's sun beams _____
7. Nemo's dad _____
8. Red birds _____
9. Crimson, burgundy, scarlet, etc. _____
10. Cheese steak sandwiches _____
11. Striped jungle cats _____
12. David rocks their world _____
13. Elite southern cops; Walker is one _____
14. Hard to hit _____
15. Non-colored coverings for your feet _____
16. If you won State then you might go here _____
17. They make beer _____
18. Jack Sparrow and Captain Hook _____
19. A mountain chain _____
20. Baby bears _____
21. Men of the sea _____
22. The Jetson's dog, NASA's fave team _____
23. Black and orange birds _____
24. Native Americans _____
25. Navy, royal or baby + 10th letter of alphabet _____
26. Spanish for fathers _____
27. Heavenly beings _____
28. The North in the Civil War _____
29. A girl's best friend, deadly snakes _____
30. They look the same _____

If you would like the answers to this puzzle email cgillespie@duraclean.com

10 Things You Didn't Know You Could Do With A Vacuum Cleaner.



If there were an award for VIP Household Appliance, it would have to go to the trusty vacuum—from handling dust on ceiling fans to suctioning crumbs and pet hair out of the car, it gets the job done. But the following uncommon applications for this very common gadget will leave you wondering if there's anything it *can't* be used for.



Place old tights over the vacuum cleaner's hose, secure with a rubber band, and run it in between couch cushions and behind beds to find easy-to-misplace items like earrings. You can also use this method to "dust" small children's toys like Lego blocks.



Fix carpet dents with ice. Remove pesky carpet dents by placing ice cubes over them. As the water melts, the carpet fibers will become more malleable. Run a vacuum cleaner over the spot to get the carpet to straighten up again.



To stop scuffs when you accidentally hit a baseboard or door while vacuuming, cover the front edge of the machine's head with white masking tape.



Get into narrow spaces (like a sliding door track!) by using a cardboard tube as a moldable extender for the vacuum hose.



If your electric or battery-powered pump is broken or lost, use a vacuum cleaner to deflate an air mattress.



Maintain your vacuum's roller brush by cutting hair and lint from it with a seam ripper.

5 Steps to Create a Cleaner Allergen-Free Home



Asthma impacts more than 34 million people, and one of the main asthma triggers is an allergen found in dust mite droppings. Regular deep cleaning helps reduce this allergen tremendously.

Dust mite tips:

- Frequently remove dirt from vacuum and vacuum bags. One of the best ways to remove dust mites is to empty the vacuum when dirt level is 1/3 to 1/2 full.
- Dust and dust mop regularly. Microfiber has been found to be very effective at attracting and removing dust.
- Increase carpet cleaning frequencies and use a vacuum with a hepa-filter on a regular basis. Have carpets depp cleaned at least once a year and more often in high traffic areas.
- Limit Mold Growth. Increased cleaning frequencies will also help limit mold growth. Mold produces the same allergens that impacts asthma sufferers.
- Focus on overlooked areas where people spend time. For example, in home offices, chairs are often overlooked, but these can become a breeding ground for dust mites.

April Fun Facts

Although historians believe April Fools' began in France, no one is entirely certain. One belief is that it began with a calendar change in the 16th century, when Pope Gregory XIII adopted the Gregorian calendar, and New Year's Day was moved from April 1 to January 1.

In the initial Roman calendar April was the second month of the year until January and February were added in 700 BC. It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

April begins on the same day of the week as July every single year.

The United States Library of Congress was established April 24, 1800.

On April 4, 1818, a flag that contained 1 star for each state and 13 stripes was adopted by Congress.

NASA announced the selection of America's first seven astronauts on April 9, 1959.