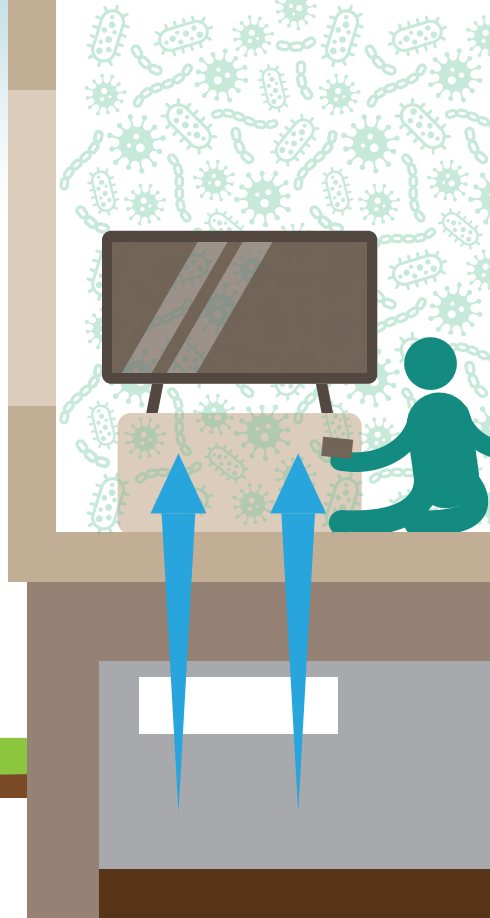


# UNDERSTANDING HOME VENTILATION: WHY FRESH AIR MATTERS

According to the EPA, indoor air can be up to 2 to 5 times more polluted than outdoor air and poor ventilation can make it even worse. Moisture can accumulate without fresh air, leading to an increase in mold growth, pests, allergens, and more—impacting your indoor air quality and the structural integrity of your home.



## THE COMMON CULPRIT FOR POOR IAQ

Basements and crawl spaces are known for being damp and musty, but did you know that can affect the quality of air you breathe throughout your entire home?

As conditioned air rises and escapes, it is often replenished from its lower levels—and if your basement air is polluted, so is the air elsewhere in your home.

## THE IMPORTANCE OF VENTILATION

Properly ventilating your home with fresh air can have several benefits, including:



**Better control of the airflow in and out of your home**



**Decreased airborne pollutants, like bacteria, moisture, and odors**



**Improved indoor humidity levels**



**Increased home comfort**

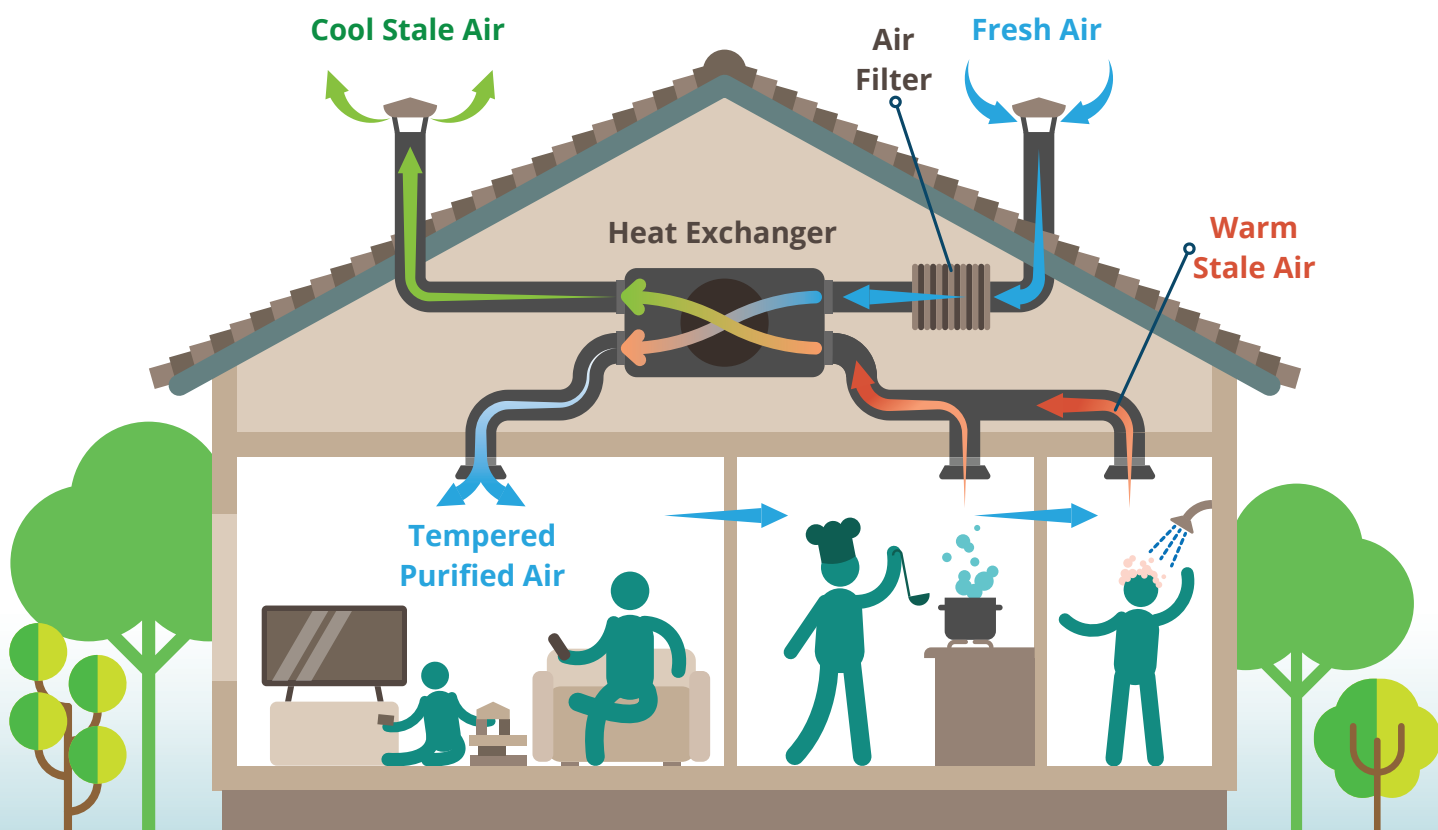


**Healthier, breathable air**

## BREATHE EASIER WITH WHOLE HOME FRESH AIR SYSTEMS

At Healthy Home Energy & Consulting, we install whole home ventilation systems that can bring fresh air into your home without increasing your energy bills!

These high-performance systems pre-heat and dehumidify the fresh air before circulating it throughout your home so you can avoid unnecessary wear and tear on your HVAC system.



**Take a step towards a Healthy Home™ and contact our team today!**



**Healthy Home™**  
Energy & Consulting, Inc.

[gethealthyhome.com](http://gethealthyhome.com)  
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