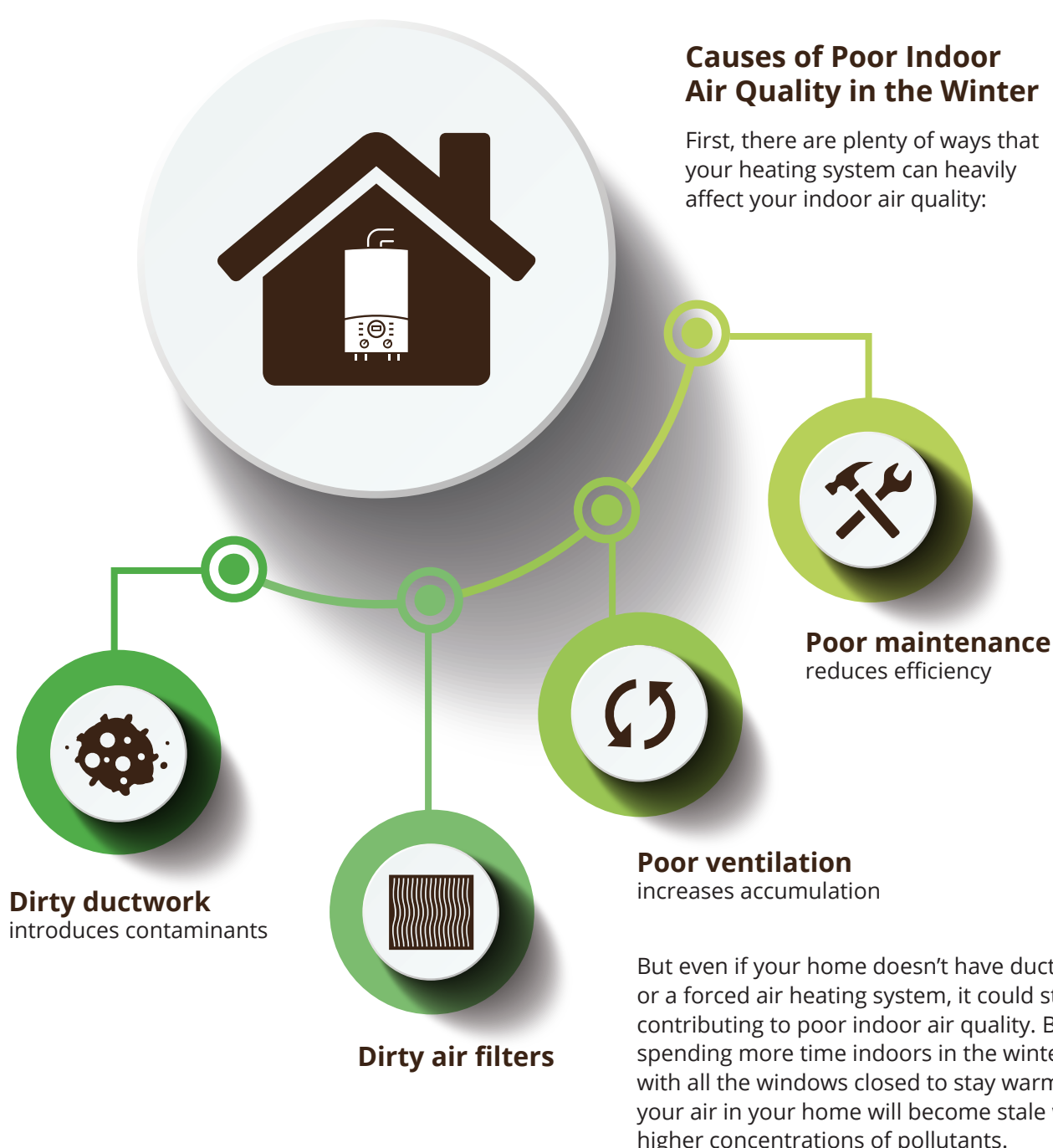


# Common Winter Indoor Air Quality Issues

If you are concerned about the health and cleanliness of the air you breathe at home, you're not alone! Homeowners all over New York are looking for ways to make their homes healthier, and as fall turns into winter it's important to pay attention to how your home and the systems inside it could be affecting your indoor air quality (IAQ) during the colder months of the year.



## Have you noticed...



### An increase in asthma or allergy-like symptoms

Unseen contaminants that accumulate in your indoor air can cause allergy-like symptoms all year round and will exacerbate asthma symptoms.



### Odd smells and musty odors

One telltale sign of poor IAQ is the musty smell that can come from mildew and mold growth.



### Frequent headaches

Do you get headaches at home? A nagging partner or whiney children may not be the only source of your headaches—it could also be something in the air.

## Make Your Home Healthier

Making your home healthier can also mean it becomes more comfortable and more efficient. Depending on your particular indoor air quality needs, Healthy Home Energy & Consulting may recommend a combination of:



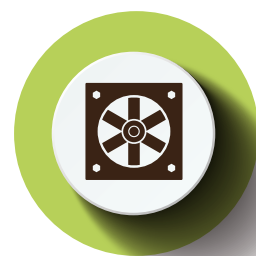
Air sealing and insulation upgrades



Mechanical ventilation and purification



Upgraded air filtration



Ductwork upgrades

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