

Three Ways to Improve the Air and Water Quality in Your Home

When it comes to the elements that make a house safe and comfortable, none are as important as air and water. Poor air and water quality can cause discomfort, damage your home's structure, and even affect your respiratory health. Here are three easy ways to obtain better air, better water, and better health:



1. Increase Ventilation

Proper ventilation reduces the concentrations of indoor air pollutants and provides healthier air quality in your home. Start by making the most of exhaust fans or opening windows when showering, cooking, or using the dishwasher in order to let moisture escape your home quicker.

If you have a garage, install an exhaust fan to the outdoors to prevent car fumes from entering your home. Make use of ceiling fans that draw up and distribute cool air from the floor on warmer days, and circulate warm air that collects near the ceiling on colder days.

2. Use Water Softeners to Combat Hard Water

While safe and suitable for drinking, hard water, or water containing high levels of calcium and magnesium, can still have its setbacks. Harder water creates mineral build-up that can clog pipes and appliances and leave a soapy film on bathtubs and shower tiles. It can also be tough on your hair and skin, and deteriorate the quality of your laundered clothing.

Try using a hard water conditioner that traps minerals during the wash to soften your laundry and eliminate build-up on your dishes. In the bathroom, use an easy-to-install soft water filter on your showerhead to help prevent dry skin and reduce soap scum build-up. For a more complete solution, consider installing a water softener system in your home. This will not only benefit your skin, laundry, and dishes, it will also help eliminate mineral deposits in pipes, fixtures, and appliances.

3. Balance Humidity

If the air in your home is too dry or stuffy, it can irritate your skin and cause respiratory problems. On the other hand, too much moisture in the air can cause mildew, dust mites, and other conditions that can trigger allergies. That's why balancing humidity is important. Humidity is normally measured by the amount of moisture in the air using a hygrometer. As a rule of thumb, the recommended humidity in your home should be between 30 – 50%*.

If the air in your home is too moist, a dehumidifier will help prevent a damp environment and protect walls, floors, and furniture from water damage. If the air in your home is too dry, a humidifier will add moisture and relieve dry skin and many allergy and asthma problems. It will also reduce cracked paint and plaster occurrences, as well as prevent wood floors from warping. **Canada Mortgage and Housing Corporation.*

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