

IAQ Simplified 5 2020

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What is the rating of the least efficient air filter for HVAC?

**2**

What is the Highest rated filter for HVAC without

By passing air?

16

What MERV rating does the human body filter the air at?

8

If the Human Body filters the air at a MERV 8 why should I install a filter better higher than a MERV 8?

Gives your body a chance to recover.

Volatile Organic Compounds… What are they?

Trash - Laundry detergent - cooking oils - candles - kitty litter - Outgassing of building materials - cleaning agents - aerosols - anything airborne that causes harm to the body when inhaled

What two things can we do to reduce the effects of VOC’s in a home?

Dilute the air with an air exchanger

Disinfect the air with a ultraviolet purification system

How does an air exchanger work?

Exhaust contaminated air from the home and replaces it with fresh outside air.

How does UV Technology for the air work?

Oxidizes the air the same way hydrogen peroxide disinfects a wound.

What are Micro Organisms?

Mold - Fungus - Dust Mites - Viruses

What can we do to manage Micro Organisms?

Control Humidity Levels

In the home

What is considered safe

Humidity levels?

Below 60% and Above 30%

What happens to mold and fungus when the humidity drops below 60%?

Mold and Fungus goes dormant because we eliminated its food source. When mold and fungus go dormant, it can’t produce allergens.

When the relative humidity is below 60% we reduce allergy triggers from Mold and Fungus

What happens to dust mites when the relative humidity drops below 60%?

They dehydrate and die rendering them incapable of producing allergens.

How do dust mites trigger allergies?

They feed on dead skin - hair and dander. They hydrate by absorbing moisture from the air. They congregate in areas where there is ample food and hydration such as Bedding and Pillows.

When they feed, they excrete a fecal matter that triggers allergy symptoms.

What happens when the Humidity drops below 30%?

The air turns into a sponge and wicks moisture out of everything it comes into contact with

What are some symptoms of low humidity?

Dry skin - Chapped lips - Nose bleeds - Scratchy throat - cracks in wood and furnishing - static electricity - Increased probability of Colds - Flue symptoms - Viruses

What happens to the human body when it’s dehydrated due to low humidity levels?

When the body is dehydrated, its ability to filter the air is up to 60% less compared to a properly hydrated body. The Efficiency rating of 8 can go as low as 4 or 2 leaving the body vulnerable to colds - Flue and Viruses.

What can we install to maintain proper humidity levels during colder weather?

Whole house humidifier