Five tips for better indoor air quality

Change your air filter often. Clogged, dirty filters reduce the amount of airflow and the HVAC system's efficiency. When a filter becomes too clogged, excess dirt and dust are sent through your air ducts, adding unnecessary allergens and other unwanted particles into your living space. During the cooling season, the Department of Energy recommends replacing your air filter every month or two. This is one of the easiest ways to promote better indoor air quality and energy efficiency.

Regularly vacuum carpet and rugs, especially if you have furry friends. The cleaner the home, the healthier the home. Vacuuming carpet and area rugs once a week can greatly reduce the accumulation of pet dander and dust inside your home. Frequently clean other areas that collect dust, like drapes, bedding, and cluttered areas.

Use vents to remove cooking fumes. Those exhaust fans aren't just for when you burn the bacon. Fans help remove fumes emitted while cooking and eliminate unwanted moisture and odors. They may be a bit noisy, but these handy tools can help you improve indoor air quality while you're preparing that culinary masterpiece or grilled cheese.

Get a handle on humidity. Summer months typically bring more humidity than we'd like. Moisture in the air can carry bacteria and other unwanted particles that you eventually breathe in. Dehumidifiers work to remove that moisture from the air, reducing the amount of bacteria, mold, and other allergens in your home.

Incorporate air-purifying plants into your living space. Several varieties of indoor plants can help detoxify your home from dust and germs found in a variety of home products, furniture, and other materials. A few low-maintenance, air-purifying plants to consider are snake plants, aloe vera plants, and pothos plants (AKA Devil's Ivy). These vibrant, lush plants are eye-catching and beneficial for any home. Remember to review care conditions and think about placement for any new plants you add to your home.