



**Myth:** The air inside your home is cleaner than the air outside.

**TRUTH:** According to the U.S. Environmental Protection Agency, Indoor levels of many pollutants may be 25 to 100 times HIGHER than outdoor levels. This should be a major concern given most people spend as much as 90% of their time indoors. The increased level of pollutants is due in part to homes being constructed more tightly without adequate ventilation.

**DID YOU KNOW:** You can request an *Indoor Air Quality Test* from Derden Heating & Cooling? Call **870-673-1356** today for scheduling or [Schedule Service Online](#)

**Myth:** Because your central heating & cooling system already has an air filter, the air you breathe in your home is clean.

**TRUTH:** There are many types of air filters; from fiberglass panel filters to pleated media filters, which can help reduce indoor air pollution, some devices are designed to trap & capture indoor air pollutants better than others. It's best to use a filter with a Merv rating of 10 or higher. Or, you can use a hepa filter designed to capture the smallest particles & biological pollutants to create a healthier home environment.

We offer many different IAQ products. Call us today at **870-673-1356** or visit our [Contact Us](#) page to learn more about the option that's best for you.

**Myth:** Opening a window is a good way to air out a house & get rid of harmful indoor pollutants.

**TRUTH:** As you know, when you open a window, outdoor allergens like pollen can enter the home & potentially aggravate allergy symptoms. However, the best way to enjoy the fresh-air feel of an open window is to install a Heat or energy recovery ventilator that exchanges stale, re-circulated indoor air with fresh, filtered outside air. All can be done with virtually little or no heat or energy loss.

Find out how by making a phone call to Derden Heating & Cooling, **870-673-1356** or visit our [Contact Us](#) page to learn more about the option that's best for you.