

Health And Well Being

You Can Breathe Easier

(NAPSA)—If you or someone you care about suffers with allergies, you're not alone. In fact, according to the U.S. Centers for Disease Control and Prevention, more than 30 million Americans have asthma, while another 26 million or so suffer with allergic rhinitis. Even your pets can have allergies, veterinarians say.

What To Do

Fortunately, you can find relief. One secret to surviving allergies year-round is to get a new set of replacement HVAC



Your relief from allergies and asthma can start with clean air filters in your heating and cooling system.

(heating, ventilation and air-conditioning) filters. These filters trap the spores, pollen, pet hair and dander, and other allergens that come in from the outside.

Once installed, inspect the filters regularly, every three months. When saturated with dirt and particles, it's time to replace them. According to a FilterBuy.com survey, one-quarter of U.S. adults don't change their filters regularly and over 26 million never change them at all. Yet, 89 percent of those who did found dust, pet hair and dander, and even insects on the old ones!

If you're new to buying replacement filters, how do you know what to choose? Remove and inspect those currently in place. Rating systems like MERV (Minimum Efficiency Reporting Value), based on a filter's thickness, will point you in the right direction, as can the brand name or dimensions you find on the filters you're replacing.

Expert Advice

The experts at FilterBuy.com, a leading U.S. manufacturer of over 600 sizes of filters and a great source for low-cost, top-quality replacements for almost any filtration device, said, "In many cases, it doesn't occur to people that something as simple and easy as changing their home's air filters can help them breathe better and keep the allergy sufferers in their family comfortable."

Learn More

For further facts and tips, visit www.FilterBuy.com.