

What Role Does your HVAC unit Play In Alleviating Allergies?



Some allergies come seasonally, while some can stay all year long. Most allergies are generally triggered by the presence of several substances in the dust. However, you can also be allergic to pet dander, dust mites, pollen, and mold inside your home surroundings. If you are developing constant allergies inside your home, you need to contact a reputable **HVAC company in Sacramento** for installing better and special air filters. It has been found that HEPA filters can reduce allergy and asthma symptoms. Apart from it, there are other ways to maintain clean and allergen-free air inside your home. The HVAC system can also play a good role in reducing indoor allergens and ensuring you have a clean and healthy indoor environment.

In this article, we will let you know how an HVAC system or air conditioner can help alleviate allergies inside your home:

Never keep Dirty Ducts

In order to breathe fresh and clean air, you just need to maintain clean ducts. When ducts are free of dander, dust, and other allergy-causing substances, you will experience fewer allergies in your home.

Find a professional duct cleaning and [air conditioning service in Sacramento](#) to come to your home for regular cleaning so that you can maintain clean ducts.

Clean filters are a necessity

The more dust your HVAC filters has, the higher will be your HVAC bills. Because dust in air filters not only cause higher bills but also lead to allergies and respiratory problems. Therefore, it's important to maintain clean air filters. Make sure you change the filter every 3 to 4 months. Dirty air filters are the reasons why ducts have an accumulation of dust and other allergens to stick inside and sit for long. These allergens can stay there for long. Whenever your HVAC runs, these particles travel in the air of your home through the system. Breathing this air lead to allergies.

Keep Humidity Levels to normal

Humidity can still be a problem even if you cool your home properly. Humidity can encourage mold growth, dust mites, and cockroaches. By maintaining humidity levels, you can keep allergies at bay. One way to maintain humidity levels is by investing in dehumidifiers. To reduce the allergens, controlling humidity levels are important for good air quality.

The size of your HVAC or AC unit is also a factor

Whether it's an air conditioning installation or [water heater installation in Sacramento](#), you must choose the size of the unit carefully. Because the size of an HVAC or air conditioning unit matters when it comes to providing cooling in a room. Installing a larger HVAC unit in a small room will cool the area immediately and then shut it off. Quick changes in temperature cause humidity inside the room. Humidity will contribute to the factors that cause allergies. That's why you need to choose the size which fits your home.

-----Source-----

<https://healdmechanical.com/hvac-unit-play-in-alleviating-allergies/>