

Home. Made Better.

Do you have family members that suffer from asthma, COPD, snoring?

- It's especially crucial that you vacuum your carpets at least 3 times a week

2 Important Tips For A *HEALTHIER* Home:

- **Carpet cleaning eliminates trapped pollutants**
 - *According to the EPA, a dirty carpet can retain several sources of indoor air pollutants, including pet dander, cockroach allergens, lead, particle pollution and everyday dirt and dust.*
 - *Toxic airborne gases can adhere to these particles and also get trapped within the carpet. These toxic gases can be released through everyday activities such as vacuuming and walking across the carpet, which can cause them to contaminate the air in your home.*
 - *Professional carpet cleaning services kills these bacteria through special shampooing formulas and can remove deeply trapped pollutants with high-powered vacuums*
- **Carpet cleaning can clear out dust mite infestations – yuk!**
 - *Many homes have dust mite infestations, yet most homeowners aren't aware of the infestation, because the creatures are microscopic*
 - *Dust mites themselves aren't allergens, but they often leave behind feces and body fragments which are*
 - *Because of the microscopic size of these particles, they can easily be inhaled when the area is disturbed, which can exacerbate allergies*
 - *Many professional carpet cleaning companies utilize a technique known as steam cleaning when performing carpet maintenance work, which exposes your carpet to high temperatures that dust mites can't survive.*

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Carpets: Tips

- Between steam cleaning, vacuum at least weekly (or more often with pets)
 - Vacuuming remains the *EASIEST* way to keep carpets & area rugs clean between steams
 - Experts recommend vacuuming once per week to keep those abrasive dust particles out of carpet fibers
 - Ramp up the frequency in high-traffic areas or if you have pets
- Another secret? Vacuum *SLOWLY*
 - Vacuuming slowly allows a vacuum cleaner to do its best work by vibrating carpet fibers and containing dust in the vacuum
- Blot spills *IMMEDIATELY* – *Do Not Wait*
 - Rubbing a stain around can distort the carpet's pile (fluffy shape); waiting to clean a stain lets moisture seep even deeper (*Huffington Post*)
- Call Professionals to steam your carpet - more often than you think you should!
 - “Many carpet companies won’t honor your warranty unless you hire professional cleaners every 12 to 18 months”, says Carolyn Forte, Director at Good Housekeeping Research Institute

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