



Fall 2018



Fall 2018 Newsletter

We Have Moved!

We have recently moved to a new location, allowing us to consolidate our office and shop! Please update your records to our new physical and mailing address:

5315 North Church Street, Greensboro, NC 27455

Please also note the best way to contact us for general inquiries and to schedule service are:

Call Us (336) 298-7598. A scheduler is manning the phones Monday through Friday 8 a.m. to 5 p.m.

Online at www.SouthernComfortConsulting.com

Email Us Info@southerncomfortconsulting.com

Please note that we prefer these methods to contact us rather than contacting a technician's mobile phone.

Schedule Your Heating Now

Now that cooler weather is here, please [contact us](#) to schedule your heating system preventative maintenance service. Doing so will ensure your system will run safer, cleaner, more efficiently and reliably this winter

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What Is Carbon Monoxide?

Between 2010 and 2015, over 2,000 people in the U.S. died from carbon monoxide poisoning. Many of those deaths occur during winter months when heating systems malfunction.

Carbon Monoxide is a poisonous, odorless gas occurs when many fuel-burning heating systems run. This gas is supposed to be vented to the outdoors. However, if a heating system or its venting system malfunctions, or is not

serviced properly or often enough, carbon monoxide can enter the home.

Carbon Monoxide poisoning is 100% preventable. Simple steps can be taken to keep your family safe from carbon monoxide. Some of these steps are easy to do for a home owner. Others require a professional heating technician to perform. To learn more, [click here to read our article Keep Safe From Carbon Monoxide This Winter.](#)

During 2010-2015, a total of 2,244 deaths resulted from unintentional carbon monoxide poisoning, with the highest numbers of deaths each year occurring in winter months. Source: CDC

5 Ways to Breathe Cleaner Air Inside

1. Keep your house clean.
2. Open windows when it makes sense.
3. Invest good air filters.
4. Seal your ducts and home.
5. Have your HVAC system serviced professionally.

5 Ways to Breathe Cleaner Air Inside

According to the EPA, the air inside many homes is as much as 2 to 5 times more polluted than the air outside. In some cases, this can result in health problems. Learn 5 things you can do to breathe better in your home.

1. **Dust, sweep and vacuum your home often.** This may seem obvious to some, but many people are simply too busy to clean their homes often enough. Dust, pet dander, skin cells, pollen and other pollutants are generated by living indoors. The frequency of cleaning your home depends on factors like how many people live in the house, whether you have pets, children, carpet and other factors. Generally, it is recommended to vacuum at least twice per week. Use a vacuum with a high-quality air filter or you'll just be recirculating the same dust.
2. **Open your windows when it makes sense.** Spring and Fall months are great for airing out the home. This is important because building materials and products we store in our homes "off gas"- or release chemicals that can pollute the air. Of course, if it's extremely hot or humid, or very cold outside, or work is being done nearby stirring up dust, or a time of year when pollen is high, opening windows may do more harm than good.
3. **Invest in good quality air filters.** Typically, pleated air filters (MERV 4-11) are better than flat "poly" filters (MERV 1-3). The pleats increase the filter surface area, trapping more particulates. Air filters are typically found at each return grille inside OR a centrally located filter at the furnace or air handler. Your air filters help clean the air. But they can only help if the fan is running. During very hot and cold weather, the heating/ cooling system runs enough hours in a day to filter the air. But during mild weather, when the system may not run at all, it is a good idea to run the system fan for a few hours so that the air can pass through the filter.

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5 Ways to Breathe Cleaner Air Inside (cont.)

4. Have your home and air ducts professionally sealed. It may seem contradictory to seal up your home only to open the windows later. The difference; however, is *where* the air is entering from. Opening windows allows fresh, outside air to enter the home and exchange with stale, polluted air. But having a leaky home and leaky ducts allows dirty air from crawlspace and attics to be pulled into the breathing zones of the home by natural “draft effect” or mechanically through the HVAC system. There are hundreds of small gaps and holes in most homes. These include: gaps around plumbing, electrical and HVAC penetrations in floors and ceilings. Gaps behind walls and in framing “top plates” that allow energy to flow. Sealing these may seem easy to do, but to *thoroughly* seal a home, it must be done by a BPI certified Home Performance Contractor. They can test a home before and after air and duct sealing are done to quantify results.

5. Have your HVAC system professionally serviced and evaluated. Servicing an HVAC system means more than just changing the air filter. The inside of the furnace or air handler should be cleaned and evaluated twice per year because if neglected, they can become breathing grounds for pollutants. Moisture problems like clogged condensate drains or high indoor humidity levels are a result of a neglected HVAC system and can cause pollutants to enter the breathing zone. A properly serviced HVAC system is cleaner, healthier, energy efficient and more reliable. An HVAC professional can also make further recommendations for high- efficiency filters (MERV13-16) and other products that are referred to as air cleaners, ionizers, purifiers, scrubbers, etc.

For more information, read our article [Understanding Indoor Air Quality](#) by clicking [here](#).

Southern Comfort Consulting and Service is a BPI certified building envelope analyst and a licensed HVAC contractor, but not a certified mold specialist. We do not make any diagnosis or recommendation for mold remediation.

How Air Filters Are Rated

Air filters manufacturers use different scales to measure efficiency and effectiveness. Below is a quick guide to help you understand some of the more common ratings.

MERV stands for Minimum Efficiency Reporting Value and is the most commonly used standard. Typically, between MERV 8 and 11 will provide excellent filtration without sacrificing airflow performance.

MPR stands for Micro Particle Performance Rating and is proprietary to the 3M brand filters. MPR 600-1200 is a similar range to MERV 8-11.

FPR stands for Filter Performance Rating and is used by The Home Depot and Honeywell to rate filters. FPR 5-7 is comparable to MERV 8-11.



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