

COLUMBUS CURRENTS

Stay Fresh: Five Tips for Better Indoor Air Quality

By Abby Berry

We spend a lot of time indoors. In fact, the Environmental Protection Agency estimates the average person spends 90% of their life indoors. (I don't know about you, but I suddenly have the urge to go for a long walk!)

Additionally, our homes are becoming more energy efficient—they're better insulated and sealed with less ventilation—which is great for our energy bills but not so much for our indoor air quality.

The thought of breathing in pollutants can be scary, but the truth is, indoor air pollution is common and simply unavoidable. The good news is there are ways you can easily improve the air quality of your home.

Here are five tips to help you breathe a little easier.

Change your air filter often. Clogged, dirty filters reduce the amount of airflow and the HVAC system's efficiency. When a filter becomes too clogged, the excess dirt and dust are sent through your air ducts, adding unnecessary allergens and other unwanted particles into your living space. During the cooling season (summer months), the Department of Energy recommends replacing your air filter every month or two. This is one of the easiest ways to promote better indoor air quality and energy efficiency.

Regularly vacuum carpet and rugs—especially if you have furry friends. The cleaner the home, the healthier the home. Vacuuming carpet and area rugs once a week can greatly reduce the accumulation of pet dander and dust inside your home.

Frequently clean other areas that collect dust, like drapes, bedding and cluttered areas.

Use vents to remove cooking fumes. Those exhaust fans aren't just for when you burn the bacon. Fans help remove fumes emitted while cooking and eliminate unwanted moisture and odors. They may be a bit noisy, but these handy tools can help you improve indoor air quality while you're preparing that culinary masterpiece (or even a grilled cheese sandwich!).

Get a handle on humidity. Summer months typically bring more humidity than we'd like, especially if you live in a high-humidity climate zone. Moisture in the air can carry bacteria and other unwanted particles that you eventually breathe in. Dehumidifiers work to remove that moisture from the air, reducing the amount of bacteria, mold and other allergens in your home.

Incorporate air-purifying plants into your living space. There are several varieties of indoor plants that can help detoxify your home from dust and germs found in a variety of home products, furniture and other materials. A few low-maintenance, air-purifying plants to consider are snake plants, aloe vera plants and pothos plants (also known as Devil's Ivy). These vibrant, lush plants are eye-catching and beneficial for any home. Remember to review care conditions and think about placement for any new plants you add to your home.

Taking simple steps to purify indoor air can improve health and overall quality of life. With a little effort, you can improve the indoor air quality of your home and breathe a bit easier.

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Five Tips for Hiring an Electrician

A licensed electrician can help with a variety of home projects from lighting upgrades to full renovations. Keep the following tips in mind if you're looking to hire an electrician.



- 1. Hire a licensed, qualified electrician for the job.**
Look for a master electrician to manage the project. Master electricians have the most experience and will often oversee the work of a journey-level electrician or apprentice.
- 2. Make sure the electrician is insured.**
Seasoned electricians know the importance of protecting themselves in case of an accident.
- 3. Read *all* the reviews.**
Hire an electrician that has several positive reviews – not just one or two. Read reviews on different sites, like Nextdoor, Yelp and HomeAdvisor, and consider asking your neighbors for recommendations.
- 4. Determine your budget. Get two quotes.**
Knowing your budget upfront helps move the process along. Prices can greatly vary, so get multiple quotes (at least two).
- 5. Talk timeline.**
Some electricians accidentally overbook projects. If your job is time-sensitive, convey that early on and discuss a realistic timeline with the electrician.

Board Highlights

Prior to the June board meeting the Board of Trustees took part in several hours of financial education provided by CoBank, one of our financial partners. The regular board meeting took place immediately following the class. The Trustees reviewed and approved the financial and operational reports for the month of May.



Digging into an Outdoor Project?

Before you dig, dial 811 or visit www.call811.com to protect underground utilities. Careless digging poses a threat to people, pipelines and underground facilities. Contact 811 first and help keep our community safe.

Energy Efficiency Tip of the Month

The combined use of large appliances like dishwashers, clothes dryers and washing machines account for the largest percentage of electricity use in the average U.S. home? Take small steps to save energy when using these appliances. Only run full loads in the dishwasher, and thoroughly scrape food from dishes before loading. Dry towels and heavier cottons separate from lighter-weight clothing, and clean the lint screen after every use. Wash clothing in cold water to save energy used to heat water.

Source: EIA and DOE



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