**AF Environmental - 4 Reasons You Need Your Air Ducts Cleaned This Year (air ducts, cleaning)**

Air ducts can make or break your health. Many people sit in their home and office for most of their day, and the air ducts keep the air around them healthy and breathable. Here are four reasons to get your air ducts cleaned this year.

**They’ve Probably Never Been Cleaned**

The long and short of home and workplace cleaning is that air ducts don’t get cleaned regularly enough. The air ducts in your home may have never been cleaned. Think about the amount of time since your home has been built, and think about all the dust and debris. Things like dead skin cells, animal hair, dust, dirt particles tracked in from outdoors, and other particles can live in your air ducts for years.

**You’ll Dust Less**

Having clean air ducts means you’ll dust less. Clean filters (and air ducts) will catch more of the floating particles in your home throughout the year. And when the ducts are clean, they won’t be blowing dust particles around your house. Not having to dust as much will mean that your home is ready for visitors with less prep and will give you peace of mind that your children, pets, and visitors aren’t inhaling dust when they’re in your home.

**Allergies Be Gone**

Along with dust and debris comes allergies. Cleaning the air ducts in your home can remove harmful allergens like pollen and other microorganisms that your body can’t handle. From just one air duct cleaning, you can lessen your runny noses, headaches, dry eyes, and other allergy-related illnesses.

**Your Air Quality Will Increase Dramatically**

Many people have houseplants to filter their air or purchase air filters to do the same task. Having a clean air duct system will help increase your air quality dramatically. With cleaner air, you can breathe better overall. You can also sleep better and perform better in many facets of your life. With better air quality also comes a better quality of life in general. Your home will smell better and not hold on to odors as much as a home with overworked and dirty air ducts.

Getting your air ducts cleaned this year by a professional might just change your life. Health benefits abound when your home is clean and tidy. If you have questions about cleaning your air ducts or want a professional to take on the task, AF Environmental has a team of trained professionals who are ready to help. Contact us at 817-903-6457 or on our [website](http://afenvironmental.readymadesite.org/contact-us/).