

Indoor Air Quality Systems, Air Purifiers for Large Rooms

Indoor Air Quality Systems for Infant Health

According to the Environmental Protection Agency, the quality of the air indoors is as much as five times worse than outdoor air. Although this issue is a health concern for all people, it is especially dangerous for infants. The immune systems of babies are not fully developed, which makes them incredibly susceptible to airborne impurities. Such contaminants can increase a child's likelihood of developing allergies or asthma when they get older.

As a parent, it is up to you to protect your child from the moment they are born by ensuring the air that they are breathing is clean and healthy. The best way to accomplish this is with the use of indoor air quality systems.

Indoor Air Quality Systems to Protect Your Infant from Contaminants

Regardless of how clean you keep your home, airborne contaminants linger. You may not always be able to see or smell the contaminant, but they are there.

Airborne contaminants come from products that many people use in their homes every day, such as:

- Plastics
- Detergents
- household cleaners

In addition, some materials actually trap allergens and other toxins, like:

- upholstered furniture
- carpeting
- chairs
- sofas
- mattresses

Mold spores, dust mites and pollen can also become trapped around your home and left to grow where they are hidden out of sight.

Infants spend the majority of their days around these materials. Therefore, it is crucial that you learn about all of the hidden dangers in the air in your home and take adequate steps to remedy the problem with indoor air quality systems.

Choose Furnishings Wisely

The best whole room purifier is not adequate for removing all of the airborne contaminants in your home. However, it is possible to limit the impurities that your baby inhales.

Consider the mattress that your little one sleeps on at night. A mattress made of fibrous tissue will trap dust mites, so a latex foam mattress may be a wiser choice. The pillows and mattress can be covered with organic covers that you can wash regularly to eliminate dust mites.

No Shoes Allowed

One of the reasons the air quality indoors is worse is due to the contaminants that ride in on your footwear. When you walk around outside, your shoes pick up a number of pollutants and then they are tracked into your home, such as:

- pesticides in the grass
- pavement chemicals

These contaminants become trapped in rugs, carpets and on your furniture. One of the best ways to reduce such pollutants in your home is to take your shoes off when you enter the house and especially before entering your child's nursery.

Air purifiers for large rooms will work efficiently to reduce the particles in the air in your living room, family room and den. The larger rooms of your home is where your family goes to spend time together, and by using air purifiers for large rooms and taking your shoes off at the front door, you are ensuring safe, healthy family time.

The biggest problem with indoor air quality is that most of the contaminants that can bring harm to your baby are hidden. The best whole house air purifier is not adequate for providing the cleanest air for your baby to breathe. It is best to use smaller units in the rooms where your baby sleeps and plays, and use air purifiers for large rooms in the areas where everyone spends time together.