



SHREVEPORT & BOSSIER CITY, LA

The 30-Day Indoor Air Quality Challenge

Louisiana humidity, pollen, and dust turn homes into air-quality trouble spots fast. Four weeks of small, consistent steps is all it takes to breathe easier.

- 4 WEEKLY TASKS
- NO MAJOR PROJECTS REQUIRED
- BUILT FOR LOUISIANA HUMIDITY

2–5x

Studies consistently show indoor air is **2 to 5 times more polluted** than outdoor air — and in Louisiana's climate, that gap can be even wider.

WEEK 1

📅 START WITH YOUR FILTER

A clogged filter strains your whole HVAC system — and in Louisiana it runs 8–9 months a year.

- Replace with a MERV 8+ rated filter for better particle capture
- Set a 30-day reminder to check it again (monthly in high humidity)
- Note the filter size inside the cabinet so you always buy the right one

Pets or allergies at home? Step up to MERV 11–13.

WEEK 2

💧 TACKLE YOUR HUMIDITY LEVELS

The sweet spot is 40–50%. Above 60%, mold, dust mites, and bacteria thrive.

- Grab an inexpensive hygrometer (under \$15) to measure real indoor humidity
- Check bedrooms, living rooms, and any musty-smelling spaces
- Consistently above 55–60%? Look into a whole-home dehumidifier

Portable units help one room at a time — whole-home systems handle it automatically.

WEEK 3

🪴 CLEAN YOUR VENTS AND RETURNS

Dusty vents don't just look bad — they recirculate buildup every time the system runs.

- Wipe or vacuum every supply vent with a brush attachment
- Clear return registers fully (watch for sofas and rugs)
- Check furniture isn't blocking supply vents, creating dead spots
- Vacuum around the air handler or furnace

A return pulling noticeably less air can signal a duct issue worth a look.

WEEK 4

))) ADDRESS THE SOURCES

Filters and vents can only do so much if pollutants keep getting reintroduced.

- **Vacuum** with a HEPA filter — older vacuums can exhaust fine particles right back out
- **Shoes off** at the door cuts down on pollen, mold spores, and pesticides tracked in
- **Run the range hood** when cooking — gas stoves release NO₂ and other byproducts
- **Go easy on candles/sprays** — heavily scented ones release VOCs; crack a window if used
- **Wash bedding weekly** in hot water — dust mites love Louisiana humidity

DAY 30

🔧 THE 30-DAY CHECKPOINT: SCHEDULE HVAC MAINTENANCE

A technician handles what DIY can't reach: evaporator coil cleaning, condensate drain checks, and whole-home airflow balancing.

Time to book if:

It's been 1+ year since your last tune-up

Musty odors are coming from the vents

Cooling feels uneven room to room

Allergy symptoms worsen at home



READY FOR CLEANER AIR, FASTER?

Service Bee-yond Compare

For homes where filters and maintenance aren't quite cutting it, SBC also offers whole-home air filtration and purification systems that remove particles, allergens, and airborne pathogens.

SCHEDULE A VISIT WITH SBC COOLING + HEATING