It's Time to Bring Employees Back to Work—Safely

BY DENNY CASTILLO,
Owner, Quality Air of the Carolinas

2020 has been a roller coaster, and we're all anxious to get back to normal life. Since the national shutdown in March, lives have turned upside down with many employees working from home and students participating in distance learning. Businesses, schools and communities fear the possible outbreak of COVID-19 that could result from welcoming people back too soon. But after nearly eight months of social distancing and quarantining, we must find ways to reopen our community without jeopardizing health.

With employees working remotely, businesses are struggling to match the productivity and efficiency of life before the pandemic. Employees working from home are faced with countless distractions that were not present when working in the office. Those with families at home face the struggle of balancing family life with work productivity, and those living alone report unprecedented seclusion and increasing depression. Employers are forced to overcome communication barriers and unite distanced teams that were once working closely together. Office spaces must continue to be funded and well maintained, even though employees are unable to congregate and work together with coworkers in the office.

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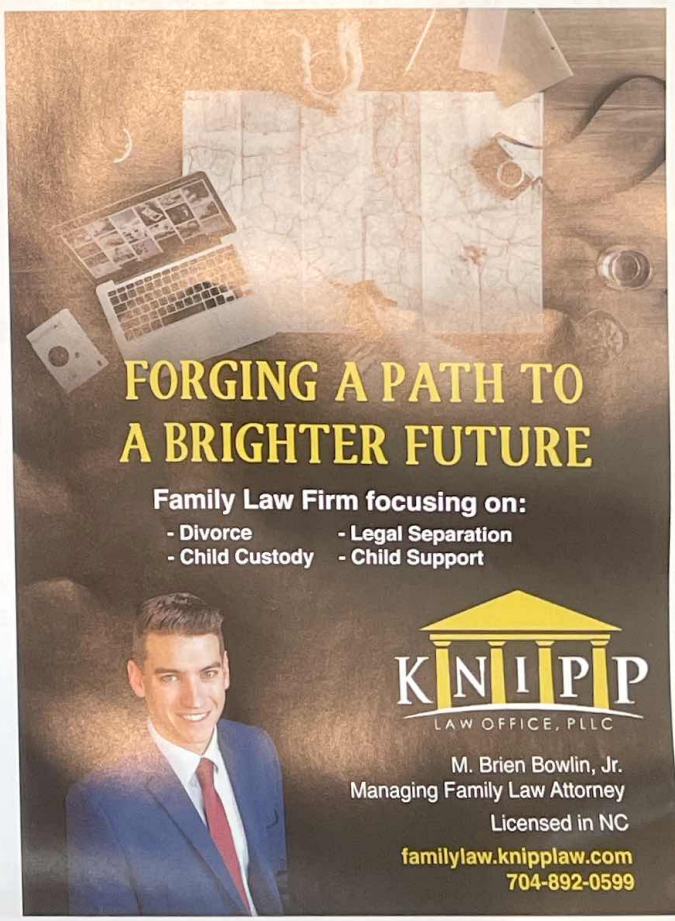


What Can We Do to Protect Ourselves While Waiting on Science to Catch up?

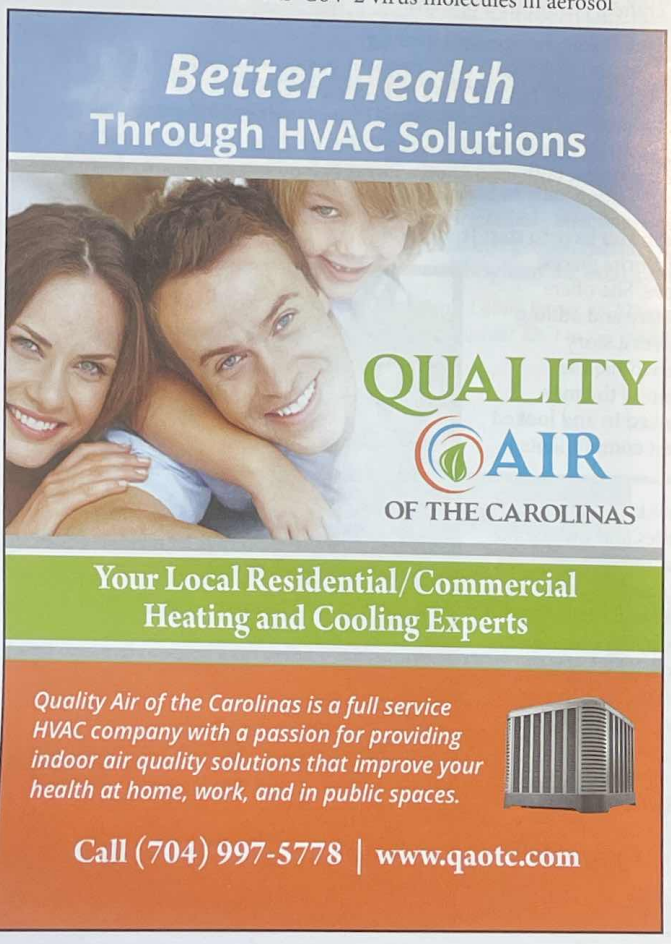
BY DENNY CASTILLO, OWNER, QUALITY AIR OF THE CAROLINAS

After nearly a year of living in a global pandemic, we have adapted our lifestyles and found new ways to protect each other while waiting on science to discover a vaccine for the novel coronavirus. While the pandemic has turned our year upside down, this waiting period has allowed us to discover much more about this virus and the mechanisms of all airborne pathogens than previous research has ever shown.

As we have seen with Covid-19, airborne viruses are fast-spreading, wildly transmissible diseases. Airborne pathogens are spread through miniscule droplets that can travel through the air farther and longer than most would imagine. Droplets are released into the air when a person speaks, coughs, sneezes, sings or even breathes heavily. Researchers have estimated that one individual speaking for just one minute will produce over one thousand respiratory droplets that can remain suspended in the air for hours. When an individual is infected with an airborne pathogen, this pathogen travels through the air in these respiratory droplets and can infect others in that area.

While general guidelines throughout the global pandemic have encouraged maintaining six feet social distancing, researchers have recently discovered live SARS-CoV-2 virus molecules in aerosol particles up to 16 feet from individuals infected with COVID-19. In indoor areas with poor ventilation, air circulates within the indoor space without being replaced by fresh outdoor air. Poor ventilation causes the air indoors to become stagnant, allowing viruses and other pathogens to settle in the space. With evidence of the virus spreading beyond six feet, the Environmental Protection Agency (EPA) recommends increasing indoor ventilation by improving HVAC standards and introducing air filtration and purification. Improving HVAC systems increases the ventilation abilities of an indoor space, bringing fresher air into the building. However, improving HVAC systems alone does not ensure clean healthy air. This is why the EPA has also recommended introducing air purification solutions.

Air filtration and purification encompasses a wide array of indoor air quality solutions, spanning from simple filters to advanced purification technology. Because there are many purification devices on the market, we at Quality Air of the Carolinas have taken it upon ourselves to test each option and determine the most effective solutions available. From our research, we have determined that bipolar ionization technology provides the greatest purification results as well as the least amount of routine replacement parts or constant upkeep. The ionizing device purifies indoor air by producing negative ions, nature's natural purifiers, as the air passes through the HVAC unit before releasing into the indoor breathing space. Clinical studies have shown that introducing this bipolar ionization technology to the HVAC unit removes 99.4% of SARS-CoV-2 virus molecules from the circulating air in any indoor space. Ionization technology removes viruses, including influenza as well as the novel coronavirus, bacteria, mold spores, allergens and other respiratory irritants from the indoor air. Our expert Indoor Air Specialists excel in the proper installation and testing of air purification devices, so you can trust that your home or business will be well protected from airborne pathogens. In these uncertain times, it is our passion at Quality Air to provide clean air, health-protecting solutions and quality service you can trust.



Indoor Air Quality, Asthma and Allergies, and Your Ductwork

BY DENNY CASTILLO, OWNER, QUALITY AIR OF THE CAROLINAS

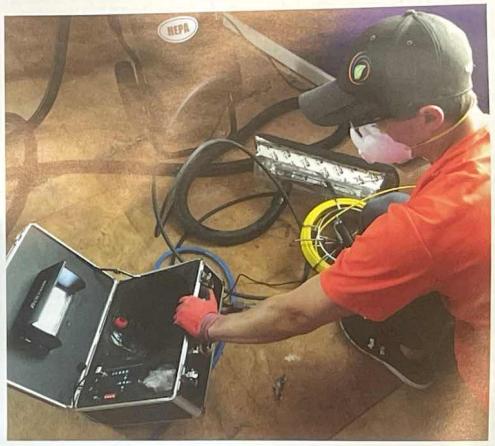
Ah! Spring is in full bloom, and now is the time most folks begin noticing how stagnant their home feels and are eager to begin the spring-cleaning process. With spring also come seasonal allergies and asthma flare-ups. You can treat the symptoms with over-the-counter or prescription medicine, but shouldn't your plan of attack involve going to the source of irritation—*the air you breathe*? And the best place to start is a thorough assessment of your duct system at your home or business.

BUT, before you sign up for that $49 Groupon (which will probably only scratch the surface of the problem), let's take a closer look at understanding your duct system. Technically, your duct system is a closed system, so when installed properly, there shouldn't be anything inside but clean air. If the ducts are dirty, however, other issues need to be addressed, such as poor design or improper installation, loose grills and registers, leaky ducts, twisted, crushed, or ripped flexible duct runs, and/or pest damage. So before jumping right into duct cleaning, our Indoor Air Specialists team will perform a full-duct assessment to determine the best service to improve the cleanliness and health of your indoor space.

Quality Air Indoor Specialists use a holistic approach to assess the air quality, HVAC system and duct integrity. Our specialists perform a visual inspection, camera inspection, basic HVAC assessment and indoor environmental assessment to provide healthy solutions that far exceed a standard duct-cleaning service. Our specialists often learn during a routine HVAC service call that a customer has recently had their ducts cleaned, yet our crew continues to find growth, torn ducts from the cleaning process and neglected repairs that make duct cleaning a waste of money. A full HVAC health inspection should be performed prior to performing any service.

Given the concerns and heightened awareness of disease transmission over the past year, you may also want to treat potentially contaminated spaces. If there was a recent gathering or someone with COVID in your home or workplace, contact fogging is recommended. This service includes fogging all surfaces, the HVAC system and ducts with an EPA-registered botanical disinfectant that's third-party tested and proven to kill COVID, flu, bacteria and allergens in 30 minutes.

Quality Air Indoor Specialists specialize in creating healthy air and offer a full spectrum of services to meet individualized needs. In recognition of Asthma and Allergy Awareness month, you can save on any air quality service throughout the month of May simply by mentioning this article.



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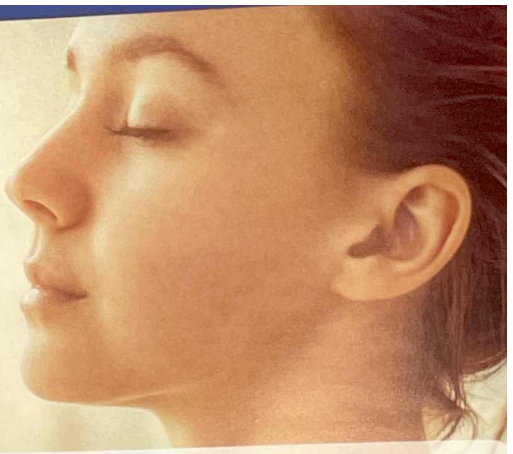
Maximizing Your Air Quality



BY DENNY CASTILLO,
Owner, Quality Air of the Carolinas

Quality Air of the Carolinas was created out of passion and our goal to help keep the community healthy at home and in the workplace. In light of the current global pandemic that has us all rethinking ways to stay healthy, we want to remind you that your well-being is of utmost importance to us.

A letter from our founders Denny and Dee Castillo:

In response to the recent concerns with the COVID-19 pandemic, we at Quality Air are increasing our efforts to educate our community on the importance of air quality given we're spending a significantly greater amount of time in our homes.

Our family has personally tested various air purifying technologies on the market both in our own home as well as in the field. Through our research and testing, we have become experts in maximizing air purification by installing Bi-Polar ionization, performing necessary testing and making needed duct adjustments to obtain optimum health results. After installation, we're able to show the device is working by performing an air reading.

Bi-Polar ionization, when properly installed and tested (these two points are vital), kills viruses, bacteria and mold which normally circulate through your HVAC equipment and into your home and workspace (third party tested and proven). This constant cleansing of the air can significantly reduce the chances of indoor air health-related issues. In addition to killing viruses, bacteria and mold, it also minimizes and removes allergens, decreases dust particles and removes odors and volatile organic compounds (VOCs).

In our effort to help as many of our neighbors obtain cleaner indoor air during this time, we are offering discounted rates on the installation and testing of a new whole house air purification system.

Please note, no company is able to claim that they can treat the COVID-19 virus as it is too new and has not been made available for testing. The air purification technology we use has been proven to significantly reduce a wide variety of pathogens and viruses similar to coronavirus.

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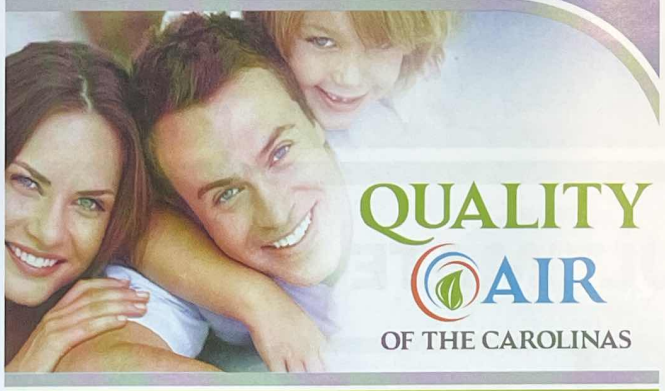

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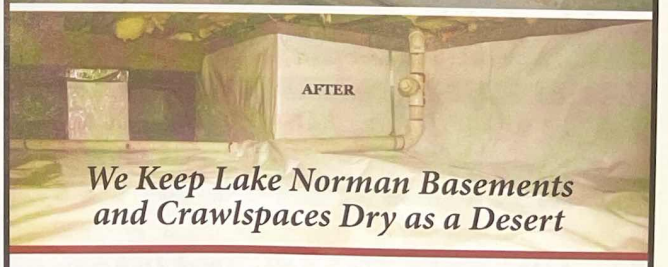

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