

Comfort Pro CHRONICLES

SPRING/SUMMER 2025



WHY INDOOR AIR QUALITY MATTERS & HOW TO IMPROVE IT

Indoor Air Quality (IAQ) is an increasingly important concern for homeowners and businesses alike. The air we breathe inside our homes, offices, and public spaces directly impacts our health, comfort, and overall well-being. According to the Environmental Protection Agency (EPA), indoor air can be up to 70 times more polluted than outdoor air. Given that most people spend between 60% and 90% of their time indoors, maintaining clean indoor air is essential for a healthy living and working environment.

While outdoor air pollution often makes headlines, the reality is that indoor pollutants—ranging from allergens and mold to chemical vapors and high humidity levels—can have a more immediate and long-term impact on health. Poor IAQ is frequently linked to common symptoms such as headaches, fatigue, respiratory irritation, and, in severe cases, chronic health conditions such as asthma, heart disease, and even cancer.

What Contributes to Poor Indoor Air Quality?

- **Lack of Ventilation:** Insufficient fresh air intake can trap pollutants indoors, leading to stagnant and contaminated air.
- **Poor HVAC System Maintenance:** Dirty air filters, clogged vents, and poorly maintained heating and cooling systems can circulate airborne contaminants.



- **High Humidity and Excess Moisture:** Damp environments encourage the growth of mold and bacteria, which can trigger allergies and respiratory issues.
- **Household and Workplace Pollutants:** Everyday activities such as cooking, cleaning, and using certain building materials release volatile organic compounds (VOCs) and other airborne irritants.

The health effects of poor IAQ can be immediate, such as irritation of the eyes, nose, and throat, or long-term, contributing to chronic respiratory conditions. This makes it crucial to take proactive steps in improving indoor air quality.

How to Improve Your Indoor Air Quality

Creating a healthier indoor environment requires a strategic approach that addresses key air quality concerns. Comfort Pro, Inc. offers a range of solutions designed to enhance IAQ and ensure that you and your family or employees breathe cleaner, fresher air.

1. Air Purification

A high-quality air purification system removes harmful airborne particles, including allergens, mold spores, dust, and chemical vapors. One of the best options available is the PureAir™ Air Purification System, which eliminates a broad range of indoor pollutants without producing ozone—a known lung irritant.



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WHY INDOOR AIR QUALITY MATTERS & HOW TO IMPROVE IT ...CONTINUED

Benefits of Air Purification:

- Removes airborne allergens, bacteria, and viruses.
- Reduces odors and chemical pollutants from cleaning products, paint, and furniture.
- Improves overall air quality for individuals with asthma or respiratory sensitivities.

2. Proper Ventilation

A well-ventilated home or office helps to dilute indoor pollutants and bring in fresh outdoor air. Comfort Pro's ventilation solutions are designed to monitor and control the amount of fresh air that enters your home, ensuring that it is properly filtered and balanced to prevent excessive humidity or energy loss.

Benefits of Enhanced Ventilation:

- Automatically regulates fresh air intake to prevent stagnant air buildup.
- Ensures outdoor air entering the home is not too humid, hot, or cold.
- Improves overall comfort while reducing airborne irritants.

3. Humidity and Moisture Control

Maintaining proper humidity levels is essential for preventing mold growth, limiting bacteria, and ensuring a comfortable indoor environment. Comfort Pro, Inc. offers advanced whole-home dehumidifiers to remove excess moisture, as well as whole-home humidifiers to maintain comfort during the winter months when dry air can cause skin irritation and respiratory discomfort.

Whole-Home Dehumidifier Benefits:

- Reduces mold and mildew growth by controlling excess humidity.
- Improves indoor air quality by preventing musty odors and dust mite infestations.
- Protects furniture, wood flooring, and structural components from moisture damage.
- Reduces drywall nail pops and separation of woodwork joints.

Whole-Home Humidifier Benefits:

- Maintains ideal humidity levels in winter to prevent dry skin and respiratory issues.
- Reduces static electricity buildup and protects wooden furniture from cracking.
- Eliminates the need for portable humidifiers that require frequent refilling and maintenance.
- Reduces drywall nail pops and separation of woodwork joints.

A Smarter Approach to Indoor Air Quality

Investing in IAQ solutions is not just about comfort—it's about protecting your health and enhancing your quality of life. With the right combination of air purification, ventilation, and humidity control, you can significantly reduce exposure to airborne pollutants and create a healthier indoor space.

Comfort Pro, Inc. is committed to helping homeowners and businesses achieve cleaner, fresher air with customized solutions that fit their specific needs. Contact us today to learn more about how our IAQ solutions can improve the air you breathe.



Model E100V

Model 8190FF

MEET THE COMFORT PRO TEAM

“

Danny brings experience, heart, and a can-do attitude to every job—earning him the nickname ‘Danny Do-Right’ for good reason.

”



We're happy to feature **Daniel B. Heck**—known around here as “Danny”—in this edition of Comfort Pro Chronicles! Danny joined the Comfort Pro, Inc. team in June 2024, and quickly became a valued part of the crew with his hard-working mindset and deep experience in the trade.

Before joining Comfort Pro, Danny built an impressive background with over 12 years of experience in HVAC, plus earlier work as an auto mechanic and welder. His hands-on expertise made him a perfect fit for his current role as an Installer and Service Technician, where he tackles installations and service calls with professionalism and pride.

What drew Danny to Comfort Pro? His answer is simple: he wanted to learn more. Always eager to grow in his craft, Danny saw an opportunity here to expand his knowledge and make a bigger impact—and that's exactly what he's done.

When he's not working hard on-site, Danny is all about family. He has three daughters, one son, and four grandkids who keep him busy. Spending time with them is what he enjoys most outside of work. Danny is also a Las Vegas Raiders fan and someone who believes in staying grounded with a strong work ethic and simple goals: “To be able to retire early and healthy.” With his dedication and drive, we have no doubt he'll get there.

One fun fact that stuck with us? A friend from a previous job used to call him “Danny Do-Right”—a nickname that says a lot about how he carries himself on and off the job.

Danny, thank you for bringing your experience, strong work ethic, and dedication to the Comfort Pro team. We're lucky to have you, and we're proud to spotlight your story!

**WELCOME TO THE TEAM
NEW HIRES**

Julian Manga

Mark Schwartz

Isaac Solomon



Molly's Yard

Understanding Seasonal Allergies in Dogs

As the flowers bloom and the temperatures rise, spring brings a fresh start—but for some dogs, it also means the return of seasonal allergies. Just like humans, dogs can be sensitive to environmental allergens like pollen, mold, and dust, leading to itching, irritation, and discomfort. Here's how to recognize the signs and help your furry friend feel their best this season.

Signs & Symptoms of Seasonal Allergies in Dogs

Dogs often experience allergies differently than humans. Instead of sneezing or watery eyes, their symptoms typically show up as skin irritation and discomfort. Keep an eye out for these common signs:

- **Excessive Itching & Scratching** – Especially on the paws, belly, and ears.
- **Red, Irritated Skin** – Allergies can cause inflammation, leading to hot spots or hair loss.
- **Frequent Paw Licking & Chewing** – A telltale sign of irritation from allergens.
- **Ear Infections** – Repeated head shaking or scratching at the ears may indicate an allergic reaction.
- **Watery Eyes & Sneezing** – While less common, some dogs do experience respiratory symptoms.

What Causes Seasonal Allergies in Dogs?

The most common triggers for seasonal allergies include:

- **Pollen** – From trees, grass, and flowers.

Mold Spores – Thriving in damp environments, especially after spring rain.

Dust Mites – A year-round issue that can worsen with seasonal changes.

Dogs can also develop sensitivities to multiple allergens, meaning symptoms may flare up throughout different times of the year.

How to Help Your Dog Manage Seasonal Allergies

If your pup is dealing with allergy symptoms, there are ways to ease their discomfort and keep them happy this spring:

Wipe Down Their Paws & Coat After Walks – This helps remove pollen and other allergens that stick to their fur.

Regular Baths with Hypoallergenic Shampoo – A gentle wash can soothe irritated skin and wash away allergens.

Keep Indoor Spaces Clean – Washing bedding, vacuuming regularly, and using an air purifier can help reduce allergens inside your home.

Veterinary Treatments – For more severe cases, your vet may recommend antihistamines, medicated shampoos, or prescription allergy treatments.

If your dog's symptoms persist or worsen, it's always best to consult your veterinarian to determine the best course of action. With the right care, your pup can enjoy the season without the itch!

Keep your furry friend happy, healthy, and allergy-free this spring!

www.greensboroncvet.com/site/friendly-animal-clinic-blog/2024/03/30/dog-seasonal-allergies

CRAIG'S RECIPE CORNER



Craig's Italian Meatballs

You'll need:

- 1lb Ground Pork
- 1lb Ground Beef
- ½ Finely Chopped Large Green Pepper
- ½ Finely Chopped Large Sweet Onion
- 5 Cloves Minced Garlic
- 2/3 Cup Panko Bread Crumbs
- 2/3 Cup Grated Parmesan Cheese
- 2 Eggs
- 2 t Kosher Salt
- 2 T Dried Parsley
- ½ t Red Pepper Flakes
- ½ t Black Pepper
- 1 T Italian Seasoning

Sauce:

Michael's Gravy or your favorite spaghetti sauce

Prepare:

Preheat oven to 400°F

Add all ingredients to the food processor and blend for at least 30 seconds until pasty. If you don't have a food processor, you can use a hand mixer and blend until pasty.

Shape into even-sized balls and bake at 400 degrees for 30 min or pan fry until internal temperature reaches 130° F.

Transfer Meatballs and juices to the sauce and simmer on low heat for the final cook for at least 30 min.

If you have any questions please email me at cweisman@comfort-pro.com.



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We look forward to continuing to
serve our community!



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