

# How to Remodel Your Home for Easier Breathing and Better Health Overall



Image via [Unsplash](#)

Is your home making you and yours sick? Sniffling, sneezing, or routine illnesses might stem from [allergens](#) in your home. Common triggers include dust mites, pet dander, mold spores, and tree pollen. While allergies can't be cured, you can manage many of your symptoms by making some upgrades to your home. Here are some ideas to get you started.

## Improve Your Home's Ventilation

If you're looking to improve your home's air quality, remove excess humidity, and reduce your heating and cooling expenses, it may be time to install a whole-house ventilation system. According to EcoHome, the [type](#) of system installed can make a big difference in your home's climate. ERVs are best for homes that are overly dry in the winter, while HRVs are ideal for homes that are too humid.

[Installation fees](#) range from \$1,025 to \$1,200 for energy recovery ventilation systems (ERVs) and \$1,200 to \$1,550 for heat recovery ventilation systems (HRVs). Due to the expertise involved, an HVAC professional should make your system upgrade.

## Use Hypoallergenic Window Treatments

In addition to installing a home ventilation system for better air quality and respiratory health, you'll reduce many indoor allergens if you replace drapes with hypoallergenic coverings. Not only do drapes trap dust and dirt, but they're difficult to clean and can exacerbate allergy symptoms. As such, replacing drapes with [hypoallergenic window treatments](#) made from aluminum, bamboo, or wood materials may help to alleviate your allergy symptoms.

While [window treatment costs](#) vary depending on the type of covering you choose, you can expect to spend anywhere from \$93 to \$403 per window treatment. However, you can install your new window treatments without the help of a professional.

## Install a Copper Sink in the Kitchen

If you're looking to upgrade your kitchen, installing a copper sink could be a great way to invest in your family's health. Quality Bath explains that not only are [copper sinks](#) durable and long-lasting, but the antimicrobial properties of copper have been shown to kill harmful bacteria and germs within two hours of contact. As such, installing a copper kitchen sink can help to stop the spread of harmful bacteria, eliminate germs from your home, and keep your family safe and healthy.

While the [cost](#) of purchasing and installing a copper kitchen sink varies depending on whether you choose to install a farmhouse, undermount, or topmount kitchen sink, average costs range between \$400 and \$1,500.

## Hire a Pro or Do it Yourself?

If you choose to complete these upgrades without hiring a professional, make sure you have all the tools you need before getting started. To complete many home repairs and improvements, Bob Vila notes you'll need [basic tools](#), like a ladder, steel hammer, utility knife, safety glasses, work gloves, and an electric drill.

These things might seem straightforward, but you can easily spend a lot of money on tools that aren't safe to use or don't last. When it comes to purchasing a new ladder, for instance, look for a top-rated model that can be [folded down](#) and adjusted to meet your needs. Well-made telescoping ladders are lighter to carry, easier to store away, and can be adjusted depending on the specific needs of your project.

For some types of home improvement projects, keep in mind that it's always best to hire a specialist—such as an HVAC service provider. When you [hire a contractor](#) do plenty of research before selecting a professional to complete the job. Typically, you should obtain recommendations from friends and family members and meet with a handful of different contractors before making a decision. Look at samples of work they've completed and/or check their qualifications and insurance information.

Living in a house that's making you sick is no fun. It's time to say goodbye to illnesses, sniffles and sneezing! By completing these simple projects, you'll be well on your way to improving your health, eliminating household allergens, and making your home an ever better place to live.

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