

Pollen, Humidity, and Heat: What They Really Do to Your HVAC System (2026 Insights)

A new article looks at why Georgia's humidity, pollen, and long summers put more strain on home HVAC systems than the national maintenance advice accounts for.

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EINPresswire.com/ -- There's a moment every summer when a homeowner walks past their outdoor AC unit and notices it running nearly nonstop. Most people don't think twice about it. In Georgia, that's just a typical July. But that constant hum raises a fair question: is the system just doing its job, or is something actually wearing out faster than it should? It's the kind of thing My Aire Heating and Cooling gets asked about constantly, which is why the company just published a breakdown of [how often HVAC systems need servicing in Georgia](#) that goes past the usual twice-a-year advice.



annual HVAC system maintenance service in Georgia



local HVAC company in Atlanta

The article, published on the company's website, digs into a question the team hears on almost every service call: how often does this thing really need to be looked at? The short answer most [local HVAC contractors](#) give, twice a year, isn't new information. What's less talked about is why that number matters so much more in a place like metro Atlanta. The cooling season here runs four to five months longer than it does up north. Humidity sits close to 70 percent most of the year and climbs past 80 percent on a lot of summer mornings. And pollen, especially that yellow pine dust that coats every car in the driveway each spring, doesn't just make people sneeze. It builds up on outdoor condenser coils and gets pulled straight into a system's airflow. None of that shows up on a spec sheet when someone buys a new unit. It shows up two or three

years later as a system that's working overtime and homeowners who can't figure out why their energy bill keeps climbing.

The piece breaks down what happens during an actual [HVAC tune-up](#), and it's more involved than a lot of people assume. A spring visit means cleaning coils, checking refrigerant levels, and clearing the condensate line before humidity turns a clogged drain into a mold problem. A fall visit means checking the furnace's heat exchanger for hairline cracks, since that's the part that can quietly let carbon monoxide into a home if it fails. It also covers something a lot of homeowners don't know until it costs them money: most manufacturer warranties require proof of annual service, and skipping that paperwork can mean a denied claim on a part that should've been covered.

There's a section on heat pumps too, since those systems run all year instead of resting during the off season, which changes how often they need attention. And there's a rundown of warning signs, like a musty smell when the AC kicks back on, or a system that short cycles instead of running a full cooling cycle, that tend to show up before a bigger problem does.

"I've seen a twenty dollar filter turn into an iced over coil and a system that just won't run," said William Bryant, owner of My Aire Heating and Cooling. "It happens more than people think, and it's almost always avoidable. Most of what we deal with on emergency calls could've been caught months earlier if someone had just gotten a look at the system before summer really hit."

Bryant has spent years working on homes throughout DeKalb County, and he said the point of putting this information out there isn't to push a sales pitch. "People deserve to know what's actually happening inside their own system," he said. "If they understand why we're recommending something, that's worth more to us than just booking the appointment. That's how you keep customers for fifteen years instead of one."

The full article is live now on their website and includes a season by season breakdown of what to watch for, plus guidance on filter schedules during Georgia's long pollen stretch.

About My Aire Heating and Cooling

My Aire Heating and Cooling is a locally-owned HVAC company serving Decatur, Atlanta, Tucker, McDonough, and the surrounding area. Its NATE-certified technicians handle air conditioning and heating repair, installation, ductwork, mini split systems, indoor air quality work, and emergency service calls. The company holds an A+ rating with the Better Business Bureau, is a Georgia Power Approved Company, and carries a 4.9-star rating across hundreds of local customer reviews.

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