

# Children's Health

## Don't Fall Into Seasonal Allergies

(NAPSA)—For children with allergies, autumn can be a difficult time of year. Problems related to allergies, hay fever and asthma can lead to school absences. According to the Asthma and Allergy Foundation of America (AAFA), asthma accounts for 14 million missed school days annually and an estimated two million school days are lost each year due to allergies, with an indirect cost reaching nearly \$4 billion.

To prevent children's allergy and asthma symptoms and minimize the number of missed school days, make the indoor environment at home healthier by using a humidifier and a room air cleaner. The former helps ensure that the air is not too dry and the latter reduces airborne particulates such as tobacco smoke, dust and pollen.

According to the Association of Home Appliance Manufacturers (AHAM), a portable air cleaner, certified for its Clean Air Delivery Rate (CADR), may significantly reduce the level of airborne pollutants in a home. According to an AHAM study, 57 percent of air cleaner owners say that their air cleaners have had a large impact on the quality of indoor air, and 32 percent state that their air cleaner has led to an improvement in their health and/or the health of other household members including children.

Before purchasing an air cleaner, measure the square footage of the room you want to treat so that you'll be able to select an air cleaner of the appropriate size. You'll also want to con-



**An air cleaner can help children cope with seasonal allergies.**

sider air filtering efficiency. Look for the CADR seal on the product packaging—it indicates that the air cleaner has been tested for its performance and shows how well it reduces pollutants such as tobacco smoke, pollen and dust in a suggested room size.

From air cleaner to air cleaner, compare the CADR numbers. Then refer to the dust, tobacco smoke and pollen CADR numbers. The higher the numbers, the faster the unit filters the air. If the room size and CADR ratings are the same across two products, their air filtering performance is similar. You can then weigh the importance of product features, such as noise and design, to find an air cleaner that fits your needs.

There are resources that can help you to select an appropriate air cleaner. Log onto [www.cadr.org](http://www.cadr.org) or call 800-267-3138 to obtain a Consumers Guide to Selecting an Air Cleaner.