

# HELPFUL HINTS

## Simple Ways To Help Reduce Allergens At Home

(NAPSA)—For many people, the change in seasons can bring discomfort from seasonal allergens, and managing airborne allergens in the spring and fall can be challenging.

Along with weather changes, each season brings different allergens to the forefront—pollen from trees, flowers and grass in the spring and pollen from ragweed in the fall. Add these to common allergens that may be trapped in your house, such as pet dander, mold spores and dust, and the result can be stale, poor-quality indoor air.

Following are three simple tips to help you reduce indoor air allergens and improve overall indoor air quality:

### 1. **Help keep outdoor allergens from entering your home.**

When coming in from outside, take off your shoes to prevent tracking in pollen, mold spores and other allergens. If you've been outside for a long time, consider taking a shower and changing your clothes. Pollen can easily collect on clothes and in your hair. Wipe off pets when they come in to reduce pollutants that collect on their fur and feet. In addition, keep your doors and windows closed to stop outdoor pollutants from blowing inside.

### 2. **Do a thorough cleaning.**

This can help get rid of outdoor air pollutants that find their way indoors and help reduce airborne allergens already present in the home. Use a vacuum with a HEPA filter on rugs and hardwood floors, wash bedding and curtains regularly, scrub bathrooms and fix moisture leaks to help eliminate mold and mildew. Wipe miniblinds and shades with an electrostatically charged cloth to trap dust or use a vacuum attachment designed for dusting.

### 3. **Use an effective air purifier.**

Using portable air purifiers



**There are easy steps you can take to clean and freshen the air inside your home.**

with HEPA filters in rooms where you spend the most time, such as the bedroom, family room, living room, den or home office, can help you clean and freshen the air in those rooms. Highly effective air purifiers, such as Honeywell True HEPA air purifiers, can capture up to 99.97 percent of microscopic pollutants and particles (0.3 microns and larger) from the air that passes through their filters, including allergens such as dust, pollen, pet dander, mold spores and smoke. These air purifiers can even capture certain germs and help reduce common household odors. Portable air purifiers circulate the air in a room several times an hour to reduce stuffy, stale air and release cleaner, fresher air.

For years, air purifiers have looked like large medical devices, but now some of the newest models feature sleek, space-saving tower formats that integrate nicely—and inconspicuously—into any decor. For the eco friendly, the Honeywell True HEPA Tower Allergen Remover is Energy Star rated and doesn't emit any ozone.

For more information, visit [www.honeywellcleanair.com](http://www.honeywellcleanair.com), where you can also learn about air purifiers and which may be best suited for your needs. You can also call 1-800-477-0457.