

Health Awareness

Tips To Help Sweep Away Hidden Allergens

(NAPSA)—If you are one of the 66 million Americans affected by nasal allergies, you may want to learn more about how to locate those lurking allergens in your home. “On average, Americans spend nearly 22 hours each day indoors without realizing that indoor air can be more seriously polluted than outdoor air, including allergens [animal dander, mold, house dust mites], making it important to know the most common places for allergens to hide,” said certified indoor air quality professional and “Allergen Xterminator” Jeff May.

The Clean Sweep campaign at www.CleanSweepContest.com, sponsored by sanofi-aventis U.S., pinpoints the areas where allergens often lurk and provides you with the opportunity to submit personal testimonials on how nasal allergies affect your life. Top testimonials in the spring and fall will win a signed copy of one of Jeff May’s books that feature more helpful cleaning tips. Select winners will also have the opportunity to be featured on www.CleanSweepContest.com! Here are a few of May’s tips:

• **Around the house:** Use a damp or electrostatic cloth when dusting to avoid flinging dust into the air.

• **In the bedroom:** To kill dust mites, wash your sheets and blankets using hot water (at least 130° F) and put bulky quilts in the dryer on low heat once a week.

• **In the bathroom:** Clean or replace moldy shower curtains and bath mats.

Log on to

www.CleanSweepContest.com to:

- View a home investigation by Jeff May. May pinpoints areas of the house where allergens often lurk and demonstrates how to deal with them.
- Ask questions as to how to better clean your home with an eye for allergens.
- Submit a personal testimonial on how nasal allergies affect your life to win one of May’s books on sweeping away hidden allergens.



• **In the kitchen:** Scrub often to remove food and mold from the sink and keep the area around the faucet dry.

• **Outside the house:** Keep windows closed while mowing to prevent allergens from entering your home.

• **After cleaning:** Take a shower, wash your hair, change your clothes and leave your house for a bit, because some airborne allergens can be floating around for 30 minutes before settling.

Dr. Michael Blaiss, clinical professor of pediatrics and medicine at the University of Tennessee Health Science Center and past president of the American College of Allergy, Asthma and Immunology (ACAAI), said, “Allergic rhinitis—or nasal allergies—is one of the most common chronic diseases in this country,

but too often people tolerate their symptoms when they could be taking steps to better manage them. Through the Clean Sweep campaign, we are encouraging proper disease management by minimizing exposure to allergens and recognizing the importance of speaking with your doctor. With proper diagnosis and the right treatment, nasal allergy sufferers can begin to better manage their symptoms throughout the spring nasal allergy season.”

Dr. Blaiss advises:

• **About 66 million Americans suffer from allergy symptoms caused by indoor allergens**, such as house dust mite droppings, animal dander, cockroach droppings and molds, so be sure to clean your house with an eye for these allergens.

• **Four out of five people in the United States are exposed to house dust mites, and three out of five are exposed to cat or dog dander**, so it is very important for those with nasal allergies to be sure they are properly managing their symptoms and correctly cleaning their house.

• **Nasal allergy sufferers don’t have to settle if they are not getting symptom relief.** Visit your physician to review your current indoor and outdoor allergy management routine.

Log on to www.CleanSweepContest.com, sponsored by sanofi-aventis U.S., to learn more helpful allergy tips from Jeff May and enter to win one of his books.