



HEALTH AWARENESS

Avoiding Allergies' Effects

(NAPSA)—Good news for the millions of Americans who suffer from allergies is that they can take action against symptoms before they start.

Dust and pollen are common airborne allergens that cause these symptoms. Here are some easy steps you can take to help avoid them.

Hints On How

- Keep windows closed in the car and at home and limit outdoor activities, especially when the pollen count is high.

- Shower before you go to bed to help remove the allergens that may have collected on you or your clothes throughout the day.

- Do not hang your laundry outside to dry where it may collect pollen and other allergens. Use a dryer or hang the clothes inside instead.

- Use a portable room air cleaner in your bedroom to filter airborne particles and help you breathe—and sleep—easier. In a recent survey conducted by the Association of Home Appliance Manufacturers, removing dust was the top reason for purchasing an air cleaner. These portable appliances can be moved from room to room, and a portable air cleaner that's received a Clean Air Delivery Rate seal may reduce the level of airborne pollutants.



ALLERGIES ARE NOTHING TO SNEEZE AT—and you'll be less likely to with a portable room air cleaner for your home.

Before purchasing the air cleaner, you should know the size of the room in which you'll use it. You can search for air cleaners in the directory found on www.cadr.org and compare models. Look at the ratings for tobacco smoke, dust and pollen and find the models that have the highest ratings, since they will clean your room the fastest. You can then weigh the importance of product features, such as noise levels and design, to find an air cleaner that fits your needs.

Free Guide

Visit www.cadr.org or call (800) 267-3138 for a Consumers Guide to Selecting an Air Cleaner.