

Health Hints

Tips On Targeting And Destroying Airborne Germs

(NAPSA)—If you spend a lot of time indoors, you have company. Americans spend 90 percent of their time inside, where air-pollution levels can be two to five times higher than outdoor levels. Poor indoor air quality can not only lead to headaches, but airborne germs can lead to dry eyes and fatigue and can trigger allergies, sneezing, coughs and colds.

“It’s very important to reduce air pollution in your home. Reducing pollutants such as bacteria, molds, fungal spores and smoke will make the air clean and healthy for everyone. It is especially important for anyone who suffers from allergies, asthma or other respiratory disorders,” points out Dave Krishna, drugstore.com pharmacist.

But breathe easy. Here are some proven strategies to reduce air pollution in your home and office:

- Control the source. Reduce or remove as many asthma or allergy triggers from your home as possible. That means keeping pets outside whenever possible, washing all bedding weekly in hot water and not allowing anyone to smoke indoors.

- Regularly cleaning and disinfecting hot spots such as the kitchen sink and counters is the key to keeping a healthy home.

- Prevent pollen from getting inside by keeping windows and doors closed. Air-conditioning in warm weather is best and also helps control dust mites by reducing humidity.

- Avoid mold spores. Reduce moisture around the bathroom,



Home and office owners are helping prevent the spread of airborne germs through hospital-proven technology, by zapping them with ultraviolet-C light.

kitchen and other areas of the home. Dehumidifiers will help reduce both mold and dust mites.

- Rid the yard of moldy firewood and piles of leaves and weeds.

- Help stop the spread of airborne germs in your home with the innovative Germ Guardian UV-C air sanitizer. It uses ultraviolet-C light, a technology already proven effective in hospitals, to eliminate 99.9 percent of targeted airborne germs.

Air is drawn into the germ-killing chamber, where the UV-C light destroys cold- and flu-causing germs. Once the germs are destroyed, the whisper-quiet fan sends the sanitized air back into the room. On average, the sanitizer disinfects a 10x20 room in 60 minutes, without the use of a filter.

Germ Guardian is available by visiting www.drugstore.com.