

# Health Hints

## Limit Your Exposure To Allergens With A Little Planning

(NAPSA)—Making changes around your home before allergy season starts could help to minimize your symptoms.

Environmental control is one way you can limit your exposure to indoor allergens before they can cause symptoms. One helpful step you can take is to invest in a room air cleaner.

Air cleaners reduce air pollutants that contribute to poor indoor air quality, and many filter common allergens such as dust and pollen, which are common triggers for people with asthma or allergies. These small, versatile appliances can reduce airborne pollutants that pass through the filter and can run year-round in your home.

When using an air cleaner while taking other precautions, such as dusting and keeping your windows closed, you can have the freedom to enjoy your home with less of a threat of indoor allergens.

When shopping for an air cleaner, it is important to find a unit that is properly sized for your room. You should also look for a unit that has been independently tested and certified by the Association of Home Appliance Manufacturers (AHAM).

These units display the AHAM seal with their Clean Air Delivery Rate (CADR) and recommended room size. The seal will list three CADR numbers—one for tobacco smoke, one for pollen and one for dust. The CADR indicates volume of filtered air delivered by an air cleaner. The higher the tobacco smoke, pollen and dust numbers, the faster the unit filters the air.



**One helpful way to control your exposure to indoor allergens is to invest in a room air cleaner. Check the rating before buying one.**

Search for air cleaners in the directory found on [www.cadr.org](http://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 for your room size, since they will clean your room the fastest.

The directory also lists whether or not the unit meets the ozone emissions limit recognized by the U.S. Food and Drug Administration for medical products. After you have narrowed your selection, you can 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](http://www.cadr.org) or call (800) 267-3138 for a free Consumers Guide to Selecting an Air Cleaner.

For additional information, visit [www.aham.org](http://www.aham.org).