



## A Clean House Helps To Keep Allergy Attacks At Bay

### Helpful Hints In The Home Bring Relief To Allergy Sufferers

(NAPSA)—Does the mere thought of cleaning your house bring on sniffles and make your eyes water? If the answer is yes, you could be one of the 36 million people in the United States who suffer from allergies. Many of those sufferers are being attacked by things in their own home, like pollen and dust, which can cause allergic reactions.

Paying special attention to cleaning the house is one of the simple things you can do to reduce your exposure to allergens. In order to help prevent and minimize allergy attacks, try the following tips:

#### **Keep your carpet vacuumed.**

Allergens such as dust mites and pollen can settle in carpeting, so it is important to vacuum regularly. To avoid raising a cloud of dust, choose vacuum cleaner bags with high efficiency filters. In addition, have your carpet professionally cleaned at least once a year.

#### **Dust frequently.**

Take steps to aggressively banish dust in the home. It is easier to keep allergens under control if you take the time to clean a little bit each day. Keep a Scotch-Brite high performance cleaning cloth in every room of the house. The unique micro-texture design helps to lift and trap dust rather than spreading it around the surface and pushing it into the air like ordinary rags.

#### **Be sure to wash your sheets and pillowcases once a week.**

Dust and other elements that can cause allergic reactions settle into bedding, which means allergy sufferers can be exposed to them throughout the entire night. To rid bedding of allergens wash sheets and pillowcases in water of at least 130 degrees once a week.

#### **Keep windows closed during allergy season.**

Keeping your windows closed during allergy season is the best way to reduce the amount of pollen that enters your home. Pollen levels are at their peak before 10 a.m., so it is best to stay indoors during the early morning. Dust and pollen tend to accumulate on windowpanes and windowsills, so keep them clean with the Scotch-Brite high performance



**Keeping the house clean during allergy season is easier with the Scotch-Brite high performance cleaning cloth. It lifts and traps dust instead of spreading it around, and it works without the need for sprays and polishes.**

cleaning cloth, which is washable and reusable hundreds of times and works without the need for other sprays and polishes. In addition, installing an air conditioner with a high efficiency filter lowers humidity levels and can help to reduce the environmental elements that aggravate allergies.

#### **Don't forget the bathroom.**

Scrub your shower curtains and wash window treatments in hot water to remove mold and mildew from your bathroom. Always use your bathroom fan before, during and after a shower or bath to help ventilate the room and keep humidity low. This helps to reduce the possibility of mold growth.

#### **Household pets.**

Household pets can cause allergic reactions for many people. Keep pets out of bedrooms at all times and off upholstered furniture. Always keep the pet's bed, box or cage clean and regularly launder any blankets or pillows that your pet uses with very hot, sudsy water and rinse well with clean water. Regularly brush and groom your pet to reduce shedding and pet dander. If you have a litter box, keep it in a well-ventilated area to reduce odors and airborne allergens.

Following these quick and easy tips may help allergy sufferers alleviate many of their symptoms during peak season. So happy cleaning this allergy season!