

Rodents, Asthma and Allergies

(NAPSA)—Rid your home of rodents and you may soon be breathing easier. That's the message from the Asthma and Allergy Foundation of America (AAFA).

When most people think of allergy "triggers," they often focus on plant pollen, dust, animals and stinging insects. In fact, a preliminary study reported by the Johns Hopkins Medical Center said rodents are a leading cause of asthma in inner city children and have also been linked to aggravating allergy symptoms.

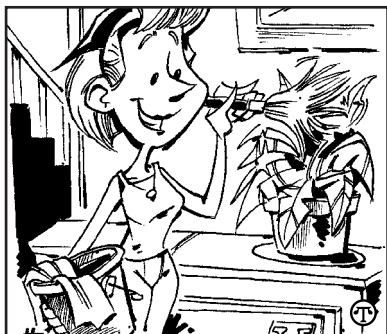
Allergies are a serious problem for 50 million adults and children in the U.S. Their lives are complicated and even handicapped by the sixth leading cause of chronic disease in America. Allergies are a leading cause of asthma in 60 to 80 percent of children with asthma. It's important to recognize the signs and symptoms of these diseases, and to consult with a physician for a plan to manage YOUR asthma and allergies to keep you safe and healthy.

AAFA has teamed up with the experts at d-CON Rodenticides to offer these important tips on keeping your home healthy:

- Check house plants for dust or mold—Remove your clothes in some room other than the bedroom, and shower before going to bed to keep pollen from your bedroom. Stay indoors during the late morning and early afternoon when pollen levels are at their highest. Turn on air conditioner and exhaust fans to keep air circulating through the house and run a night-light in dark closets to help keep molds and mildew from growing.

- A clean house is a rodent-free zone—Never leave food or water out overnight. Wash dishes and cooking utensils immediately after use. Keep all food, water and garbage in containers with tight-fitting lids.

- Avoid nesting sites—Stacks of



Keeping your home clean and using rodenticides can help keep mice at bay and protect your health.

newspapers, cardboard boxes, firewood, lumber or other storage encourages rodent nesting. Removing these is also good for avoiding mold growth.

- Batten down the hatches—Mice can squeeze through spaces as small as a dime. Seal up potential entrances with sheet metal, steel wool or cement, paying particular attention to the spaces around pipes, vents and ducts.

- Use rodenticides that are safe and highly effective if used in accordance with the label direction—including products for homes with children and pets such as d-CON's "Protected Bait Station," where the poison is secured inside a container that has holes small enough for only a mouse to enter.

If you suffer from allergies and asthma, contact the Asthma and Allergy Foundation of America for information on how to manage these diseases in children and adults. The Foundation's mission is to help families with asthma and allergies live full, active lives through education, advocacy and research. Call 800-7-ASTHMA or log onto www.aafa.org. For information on how to eliminate rodent infestations, call d-CON Rodenticides at 800-395-3266 for a free brochure.