

# Is It The Flu—Or Fido? Learn How To Breathe Easier This Winter

(NAPSA)—Starting to snuffle and sneeze now that you're indoors trying to keep warm? The problem may not be the flu but the family pet.

As winter approaches, indoor air quality can become a big concern, particularly for pet owners. In fact, an Environmental Protection Agency study showed that indoor pollution levels might be two to five times greater than those outside.

Pet dander, in addition to dust, household cleansers and pesticides, can trigger allergic reactions or contribute to asthma attacks among sensitive individuals. Sealed windows and insulated walls that minimize heat loss further aggravate the situation.

Is it possible to improve indoor air quality without putting your pooch out to pasture?

"It's a good idea to vacuum regularly for dust and dander, particularly during cold weather," notes Art McKinnon of Sharp. "And, there are several ways to clean and refresh the air at home year-round, without parting with the family pet."

McKinnon offers the following tips to improve your indoor air quality:

- Try to keep pets away from fabric-covered furniture, carpets and stuffed toys.
- Remember that although pet hair is not considered a significant allergen, your pet's hair can collect irritants indoors and out.
- Change clothing worn after grooming or playing with pets. Wash your face, hands, arms, and clothing.
- Check the exhaust pipe on your clothes dryer to make sure all air vents outside.



**Air purifiers can help protect people from indoor air pollution.**

- Remember to open the flue when using the fireplace and have a chimney expert make sure the passageway is clear of excess soot.
- Don't smoke in your home or permit others to do so.
- Consider using a high-quality air purifier.

Sharp's new, patented Plasmacluster air purifiers allows you to breathe purified air while removing airborne irritants and allergens, including pet dander. Plasmacluster technology generates positive and negative ions that are emitted throughout an entire room.

The purifiers work by means of dust and odor sensors that measure the presence of irritants in the air, automatically cleaning as needed. A triple filtration system removes household odors and a true HEPA filter captures 99.97 percent of airborne particles that pass through it, so all family members, including furry ones, can breathe easier at home.

You can learn more about these products online at [www.sharp.usa.com](http://www.sharp.usa.com) or by calling 1-800-BE-SHARP.