

5 EASY WAYS TO ALLERGY PROOF YOUR HOME

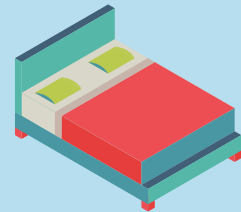


STOP BRINGING OUTDOOR ALLERGENS INTO YOUR HOME

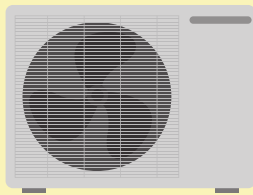
Before you can tackle the indoor allergies affecting your health, you first need to stop the outdoor ones from entering.

WASH BEDDING

- Use allergen-resistant covers on your pillows, mattresses and box springs
- Any bedding, uncovered pillows, and stuffed animals should be washed every week in hot water
- Dry bedding in a hot dryer cycle to kill dust mites



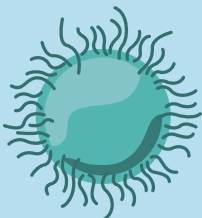
CHANGE AIR FILTERS



- During times of high pollen counts or heavy air conditioner use, air filters should be changed every 30-45 days
- Using air conditioners in warm weather can control dust mites and reduce humidity

DECLUTTER FOR DUST MITES

- Keeping your floors bare will eliminate dust mites and this is especially important in your bedroom
- Dust and vacuum at least 1-2 times a week even if you don't have pets



TAKE AHOLD OF MOLD

- Keep moisture and humidity in low by not running showers for long lengths of times
- Fix any leaks in the kitchen or bathroom
- Get a dehumidifier if you have very humid places in your home
- If cleaning mold, wear a mask to limit the amount of exposure

GET AN AIR PURIFIER

- These devices can filter up to 99.97% of allergens, including pet dander and pollen, from the air
- Filters only need to be replaced once a year.

