

Tips For Reducing Household Allergens

(NAPSA)—Good news for the estimated 50 million Americans who suffer from an assortment of allergies—you can remove allergy triggers from your home.

What To Do

Some of the most common allergy problems are caused by pollen, dust and pet dander. Consider taking these steps to manage these allergens for a healthier home environment:

- **Make it a Routine:** Dust and vacuum weekly to help remove common allergy triggers such as dust mites, pollen and pet hair from your home and use a damp cloth when dusting to trap dust.

- **Keep Linens Clean:** Wash bed linens, including sheets, pillowcases and blankets, weekly in hot water (at least 130° Fahrenheit).

- **Avoid Trigger Transfer:** Keep clothes you've worn outside away from your bedroom, especially bed linens and pillows, as well as other fabrics such as curtains and couches, to avoid transferring allergens.

- **Know Your Enemy:** Make note of your family's allergy triggers so you can try to avoid them whenever possible.

- **Deep Cleaning is a Necessity:** Because vacuuming is not enough, the EPA recommends deep cleaning carpet every three to six months with a hot water extraction system that gets in between carpet fibers to loosen dirt and grime and then extracts dirt and allergens from rugs.

"Indoor allergies can cause problems for sufferers year-round, but the effects are more noticeable as cooler temperatures drive people indoors," explained Susan Natoli, Manager, Cleaning Products, Research and Development at Rug Doctor. "Americans spend about 90 percent of their time



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indoors, and while indoor allergies can be hard to escape, there are steps consumers can take to minimize exposure at home."

According to Natoli, carpet is the biggest air filter in your home and regular vacuuming is not enough.

"Vacuuming helps, but carpet needs regular deep cleaning," said Natoli. "Using products like the new Rug Doctor Anti-Allergen Carpet Cleaner help alleviate indoor allergy triggers by trapping and encapsulating allergens so more are removed during extraction."

She also suggests to be sure the carpet care products in use have earned the Carpet and Rug Institute's Seal of Approval because these are the optimal products to protect the life of a carpet. Failure to do so might void the warranty from the carpet manufacturer.

Where To Learn More

For more facts and tips, visit www.rugdoctor.com or call (800) 784-3628.