



A Clean Sweep Helps Defeat Allergens

(NAPSA)—A good cleaning can be a great way to give airborne allergens and germs the cold shoulder.

Here are some tips on how to get started:

Deep Clean the Countertops. Clean countertops with an antibacterial wipe, so the counter is both cleaner and healthier.

Roll out the Welcome Mat. Most dirt that comes into your house comes from the bottom of shoes. To keep dirt away from your floors and carpets, invest in a large, eight- to 10-foot welcome mat or rug—the ideal size for letting guests take at least six strides before hitting your floors.

Capture the Dirt in Your Rugs. Since more than 50 million people suffer from allergies, it's likely one of your friends or family members might be allergic. Deep cleaning your carpet will help everyone breathe easier, but make sure you use products with a proven track record.

For instance, Johns Hopkins University found that the Capture Carpet Cleaning Total Care Kit effectively reduces allergens—such as dust mites, pollen, mold, mildew and pet dander—up to 70 percent more than just vacuuming alone. The kit's dry cleaning method means there's no moisture left behind to support the growth of mold and bacteria. It's safe to use around pets and children.

Attack Airborne Allergens. Give airborne allergens and germs the cold shoulder by having air ducts cleaned out to remove built-up dirt, allergens, dust and/or pollen.

Hit the Sheets. Nothing combats a cold winter night like cozying up under a warm blanket.



As many as 18,875 dust mites can live in one gram of dust, so use an allergen-reducing carpet cleaner.

Take your comforters, quilts and bedspreads to the cleaners.

Put Your Best Plate Forward. If the water temperature in your dishwasher doesn't reach 140 degrees, you can kill germs on dishware by adding half a cup of bleach to your dishwasher load.

Raid, Review and Revive the Refrigerator. Get your fridge in tip-top shape by throwing away old leftovers—when in doubt, throw it out!

Awesome Appliances. Freshen up the interior of your microwave by mixing three tablespoons of lemon juice and one cup of water in a microwave-safe bowl. Let it boil for two to three minutes, remove the bowl and wipe the interior out with a clean cloth.

Window Wonderland. Clean the windows inside and out with a mixture of vinegar and water along with a squeegee or lint-free cloth. Don't forget to dust off the blinds and/or gently vacuum the curtains.

For more information, visit www.captureclean.com.