
Health Hints

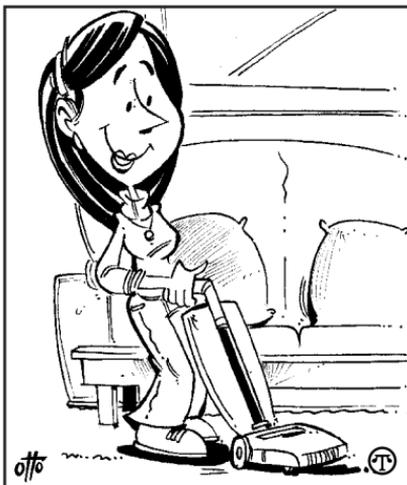
Allergens: Nothing To Sneeze At

(NAPSA)—If you're itching to get rid of allergens associated with dust mites, fungi and mold inside your home, school or workplace a surprising solution—carpeting—may have it covered.

Here's why: allergens are often brought inside on shoes, clothes, pets and the outside air. When determining the relative risks posed by dust mite allergen, fungal spores and other biological materials that may be present in carpet, airborne exposure is the prime consideration. During the past 12 years, five separate reviews of the scientific research have examined the question of whether airborne levels of contaminants are significantly higher over carpet than over other flooring surfaces. These reviews concluded carpets do not contribute significantly to airborne contaminants.

One reason may be that mite allergen and spores are relatively difficult to make airborne from carpet. Instead, the carpet traps these materials and actually acts as a filter. What goes into it stays in it until it is vacuumed out and removed from the indoor environment completely.

More good news: fungi and other microorganisms cannot grow in carpet or on any other surface without a nutrient source and water. The simple principle of keeping materials "clean and



Your carpet can act as a big indoor air filter, trapping allergens so you can vacuum them away.

dry" is a way to control microbial growth.

It's wise to vacuum carpet and rugs at least once a week—twice a week in bedrooms and high-traffic areas. Use a well-functioning vacuum cleaner that bears the Carpet and Rug Institute's Vacuum Cleaner Indoor Air Quality (IAQ) Testing Program green label.

The Carpet and Rug Institute offers more information on carpet's role in the indoor environment, the indoor air quality (IAQ) testing program for carpet and for vacuum cleaners, and the benefits of carpet for allergy sufferers. Call 1-800-882-8846 or see www.carpet-rug.com.

Note to Editors: This article is one in a series of 6 to educate the public about the health and safety of carpet and rugs in addition to the importance of maintaining proper care of them.