

health hints

Allergy Season Relief

(NAPSA)—Those sniffles may not be signs of a cold but rather seasonal allergies. More than 35 million people in the United States are affected by seasonal allergies, according to the American Academy of Allergy, Asthma and Immunology.

While medications can alleviate symptoms related to outdoor allergens, the Institute of Inspection, Cleaning and Restoration Certification (IICRC) recommends some tips to limit indoor allergens:

- Keep windows closed.
- Keep entryways clean. Sweep



Clean your furnishings and carpets annually to limit the presence of indoor allergens such as dust, dander and dust mites.

or vacuum outside entryways to avoid tracking pollen and debris into your home.

- Use high-quality vacuum equipment. Use a high-efficiency particulate (HEPA-type) filter bag and replace vacuum bags when 2/3 full.

- Have furnishings and carpet professionally cleaned annually. The IICRC recommends hiring reliable, qualified professionals for deep-extraction cleaning. To locate an IICRC-certified firm, visit www.CertifiedCleaners.org or call (800) 835-4624.