

HINTS FOR HOMEOWNERS

Allergy Sufferers, Target Allergen Removal In Your Everyday Cleaning Routine

(NAPSA)—Allergy flare-ups are often attributed to the allergens outside your front door.

However, did you know that the same allergens are found on surfaces inside 75 million homes across America? According to the Centers for Disease Control and Prevention (CDC), some of the most common indoor allergens, which can also be asthma triggers, include dust mites, mold, and household pets.

“Allergies are a year-round issue, but prevention and removal of common household allergens are often overlooked in families’ cleaning routines,” says pediatrician Dr. Laura Jana. “With a few simple steps, indoor allergens can be reduced in the air and on surfaces around the home, which can help alleviate allergy symptoms and help your family stay healthy.”

Some easy ways to reduce allergy suffering in the home include:

Clear the Air—Prevent pollen from entering your home by keeping windows and doors closed during peak allergy season. Pollen can settle on surfaces. Air filters are also considered useful for helping clear the air of lingering allergy triggers.

Wipe Down Surfaces—Be sure to frequently clean hard surfaces to get rid of allergens in your home. Use LYSOL Disinfecting Wipes to remove 90 percent of pollen particles and dust mite debris, in addition to killing harmful germs. You can also consider replacing carpets with hardwood floors.



A few easy steps can help you reduce indoor allergens in the air and on surfaces around your home.

Avoid Mold Spores—To help reduce mold: Use an air conditioner in humid climates and avoid the use of humidifiers in dry climates. Also, run the bathroom fan or open the window when showering.

Wrap Things Up—Put fabric covers over common dust mite hideouts such as pillows, mattresses and sofa cushions and wash bedding often.

Reduce Pet Dander—Decrease your exposure to pet dander by keeping your pet out of your bedroom, since this is typically the room in which people spend a majority of their time.

Talk to Your Doctor—It is important to talk to your doctor about whether or not allergy testing, medications and/or other measures are recommended.

For more information, visit www.lysol.com.