

# Cleaning Away Allergens In Your Home

(NAPSA)—For many homeowners, the “white glove” has become the ultimate test of whether or not their home is clean. However, the glove only scratches the surface and may not always be a good indicator of a home’s true cleanliness.

One thing missed by the white glove test: allergens. Allergens are present in every home and not easily detectable. Whether they come from dust mites that live throughout the house, pet dander that can be spread from room to room even if you don’t own a pet, or other sources in your home, managing these allergens can be a real challenge. And, they can be especially hard to reduce in upholstered furniture, bedding, curtains, window treatments, area or throw rugs, and other soft surfaces, which can make up to 75 percent of the surfaces found throughout the house.

“Many people associate allergens only with being outside during the spring and summer months, but allergens are actually present indoors all year long,” says Bill McLin, executive director of the Asthma and Allergy Foundation of America (AAFA). “It is important to take steps to reduce allergens in your home, including those released from fabrics and other soft surfaces.”

There are a number of measures people can take to reduce allergens in their homes, many of which can be incorporated easily into an existing home cleaning routine. According to AAFA, homeowners can:

- Regularly replace filters on forced-air furnaces or central air conditioners.



- Frequently dust hard surfaces—including ceiling fans, blinds, floors, and furniture—with an electrostatic cloth that attracts and traps allergens.

- Wash all bedding—pillowcases, sheets, comforters, mattress pads, and blankets—in hot water (130 degrees) every week.

- Use an allergen-reducing spray, like Febreze Allergen Reducer, on soft surfaces and upholstered items—like couches, throw pillows, curtains, carpeting, and pet beds—to reduce the amount of allergens from cats, dogs, and dust mites that become airborne from those surfaces.

- Regularly clean rooms in the home that have high humidity, including bathrooms, the kitchen, and the basement.

For more cleaning tips on how to reduce allergens in your home, the experts at the Asthma and Allergy Foundation of America and Febreze have developed a brochure with a variety of cleaning ideas and suggestions. For a free copy, send a self-addressed stamped envelope to **AAFA/Febreze Brochure Offer, P.O. Box 8797, St. Louis, MO 63101-8797**. For additional information, visit [www.aaafa.org](http://www.aaafa.org) or [www.febreze.com](http://www.febreze.com).