



## Fighting Allergies: Filtering Out Irritants

(NAPSA)—If someone in your household is among the more than 50 million Americans who suffer from allergic diseases, you may be glad to know there are steps you can take to make things easier.

One of the most common causes of allergy and asthma symptoms are microscopic organisms called dust mites. Several thousand mites can be found in a pinch of dust. Even the cleanest homes have dust mites but you can reduce their numbers. Here are a few hints from the Environmental Protection Agency:

- Wash sheets and blankets once a week in hot water.

- Choose washable stuffed toys, wash them often in hot water, and dry thoroughly. Keep stuffed toys off beds.

- Cover mattresses and pillows in dust-proof (allergen-impermeable) zippered covers.

- Remove dust often with a damp cloth, and vacuum carpet and fabric-covered furniture to reduce dust build-up.

"Vacuuming with an efficient filter, such as a CleanStream filter, retains and removes most dust and irritants from the home that can exacerbate allergies," said Michael Debes, technical leader on the CleanStream filter team at W.L. Gore & Associates, makers of Gore-Tex fabric. "An efficient filter prevents particles from re-entering the atmosphere after they are collected by the vacuum cleaner."

Look for a vacuum cleaner whose filter traps particles as small as 0.3 microns or 1/300th the diameter of a human hair. Make



**Surface filters stop fine particles that can exacerbate allergies and they continue to let air pass through for optimum cleaning.**

sure the vacuum cleaner's filter is a surface filter, which stops fine particles at the filter's surface and lets air pass through, preserving maximum airflow through the filter and optimum suction power. Many vacuum cleaner models contain conventional depth filters, which trap particles inside the filter, and can become clogged over time, restricting airflow.

Be wary of ordinary paper or microfiberglass filters that can tear or become damaged, while in use. Look for filters made from newer materials. Not only are the new materials more durable, they also feature a non-stick surface that's easy to clean so you can use the filter over and over again.

For more clean home tips and information, you can logon to [www.cleanstreamfilters.com](http://www.cleanstreamfilters.com).