

81 WORDS, 30 SECONDS

## HAVE A HEALTHY HOME

WHEN IT COMES TO ALLERGIES, MOST PEOPLE CONSIDER HOME A SAFE HAVEN—BUT HOUSES CAN HARBOR PET DANDER, DUST MITES, MOLD, MILDEW, AND MORE. FORTUNATELY, A FEW SIMPLE STEPS CAN REDUCE AND REMOVE ALLERGENS. FREQUENT CLEANING, ESPECIALLY STEAM CLEANING, CAN HELP. SO CAN REGULARLY BATHING YOUR DOG OR CAT. USE HEPA FILTERS AND CHANGE THEM MONTHLY. HAVE YOUR AIR DUCTS CLEANED BY A MEMBER OF THE NATIONAL AIR DUCT CLEANERS ASSOCIATION. LEARN MORE, AND WHERE TO FIND NADCA MEMBERS, AT [BREATHING-CLEAN--DOT--COM](http://BREATHING-CLEAN--DOT--COM).