

Healthy Housekeeping

Helpful Tips to Keep Homes Allergen Free

(NAPSA)—Runny nose, stuffy head and itchy eyes got you down? You're not alone. According to the American Academy of Asthma, Allergy and Immunology (AAAAI), more than 50 million Americans suffer from outdoor and indoor allergies—including pollen, mold, dust mites and pet dander. Luckily, adding a few simple cleaning tasks to your daily routine is one of the best defenses against in-home allergens and can help allergy sufferers breathe easier at home.

"Your home should be an escape from irritants but, unfortunately, many homes are filled with allergens and a lot of outdoor particles can easily make their way into the home," said Kathy Luedke, cleaning specialist for Eureka. "Luckily, there are several easy ways to rid homes of these pesky particles that contribute to aggravating allergy symptoms."

Luedke offers the following tips to help keep allergies under control:

- **Keep outdoor allergens outside**—Many Americans suffer from both indoor and outdoor allergies so try to keep outdoor pests—like pollen—out of the home. To do this, keep windows closed and use air conditioning as much as possible. Also, after spending a day at the park or in the garden, launder clothes immediately and shower to get pollen out of hair and off of skin. The longer pollen lingers on the skin and clothing, the worse the allergy symptoms will be.

- **Keep the right tools handy**—Cleaning on a regular



basis helps keep allergens and dust under control, but it also is important to have the right tools, like a powerful vacuum to remove dust that settles deep into carpeting and upholstered fabrics. Look for vacuums designed with a dust trap system that includes a true High Efficiency Particulate Air (HEPA) sealed filter, such as The Boss by Eureka, that seals small dust particles and allergens inside the vacuum and prevents them from recirculating back into the air. Also, beware of dusting with ordinary feather dusters and rags that just spread dust around and have to be shaken by hand into the garbage. The Eureka Boss offers an exclusive "Spin Duster feature," a feather duster with an electrostatic charge that dust clings to until it is released directly into the vacuum cleaner.

- **Groom Sparky regularly**—While dogs might be man's best friend, Sparky's pet dander can do a number on man's nose and is one of the main causes of allergic reac-

tions in children. So, if families decide to keep a pet, make sure it is groomed regularly to keep dander at a minimum. Also, limit pets from upholstered furniture where dander can settle into the fibers and cause future allergy attacks. However, if Sparky is a regular guest on the sofa, use a specially designed upholstery brush, such as the heavy-duty "Pet Paw" available exclusively on the Eureka Boss, to pick up pet hair and dander.

- **Don't let the bedbugs bite**—According to the American College of Allergy, Asthma and Immunology (ACAAI), as many as 10 percent of the general population is allergic to dust mites. These microscopic pests tend to linger in warm, humid places like beds. As a rule, if dust mites bring on itchy rashes and dry skin, wash bedding frequently and purchase a dust cover for the mattress to prevent mites from settling.

- **Shampoo carpeting**—Once a month, give carpeting a deep down clean to get rid of dust mites and allergens that hide deep within carpet fibers. Today's models, such as the Eureka Atlantis, are easy to maneuver and come fully assembled and ready to use right out of the box, making it even easier to incorporate into everyday or monthly chores.

"A clean home is one of the best defenses for allergy sufferers," said Luedke. "By incorporating quick and easy cleaning tips into their daily routines, allergy sufferers can breathe easier at home."