



Making Cleaning A Breeze For Allergy Sufferers

(NAPSA)—For many of us, a change of seasons means it is time to clean the house, rake the yard, or take care of the garden in preparation for the months to come. But if you're one of the almost 50 million allergy sufferers in the U.S., the prospect of itchy, watery eyes and a runny nose may stop you from enjoying these or other seasonal activities. This year, make cleaning a breeze by following these simple tips.

Timing Is Everything

Knowing what triggers your allergies and when those allergens are in the air is the first step towards managing your symptoms. Pollen counts are highest between 5 and 10 a.m., so allergy sufferers should consider doing their indoor cleaning in the morning and outdoor lawn care in the afternoon.

Garden Tools

When planting flowers, consider tulips, impatiens and petunias, which are not only beautiful, but have low pollen levels. Set aside special shoes or clothing just for gardening and leave it outside, along with all gardening tools. Shower immediately after you're finished.

Out With The Mold

Mold thrives in humid environments such as bathrooms, basements or even garages. Use a solution of water and dish detergent to clean moldy areas. Wipe down the shower after each use and clean out the refrigerator regularly. Wear rubber gloves and use a protective mask if your



symptoms are severe.

Give Windows The Treatment

Wipe blinds and shutters with a damp cloth regularly to remove dust and be sure to wash heavy draperies or window treatments.

Dust—In Case

Vacuum under beds, couches and large furniture to remove dust. Once a week, dust all surfaces with a damp cloth. Dry cloths just stir the dust particles back into the air.

Allergy Relief

Perhaps the most important tip of all for allergy sufferers is to use a proven effective medication to treat symptoms. Dr. Todd Adkins of the Mississippi Asthma and Allergy Clinic in Jackson, Mississippi, explains, "People with allergies should not have to suffer or accept partial symptom relief when there are clinically proven over-the-counter treatments such as Benadryl® Allergy, which can help relieve your worst allergy symptoms, like runny nose, sneezing, itchy nose and watery eyes."

To check pollen counts or for more tips on treating seasonal allergies, visit www.benadrylusa.com.