

Health Bulletin



From Minimizing Mite Allergies To Mighty Clean

(NAPSA)—Every season has its reasons for sneezing but some have more than their share.

According to the American College of Allergy, Asthma & Immunology (ACAAI), dust mite populations tend to peak in July and August.

There is also evidence that cockroaches have a seasonal pattern, peaking in the late summer. Even mold levels tend to peak during warmer months depending on where you live. All of these substances are present in household dust particles. A speck of dust may contain fabric fibers, animal dander, dust mites and cockroaches, mold spores, bacteria, food particles and other debris.

House dust and dust mite allergies are widespread and the dust is just the right size to be inhaled. Dust mites are found in the highest concentrations in pillows, mattresses, carpeting and upholstered furniture. They are recirculated into the air when one walks on a carpet or disturbs bedding, but settle out of the air once the disturbance is over.

To reduce the presence of dust mites in your home, you can cover your mattresses and pillows, wash bedding in hot water, wash curtains and area rugs frequently, don't allow pets in the bedroom, vacuum regularly and improve ventilation.

Keeping the humidity level below 60 percent will reduce dust mite populations as they prefer a moist environment.

Dehumidify your indoor air and



The CADR program can help you select the right air cleaner for your home.

use a portable air cleaner to filter dust particles.

The Association of Home Appliance Manufacturers (AHAM) has developed the CADR certification program for air cleaners to help you select the right air cleaner for your home. Clean Air Delivery Rates (CADR) and recommended room sizes are listed for all products bearing a CADR seal.

CADR-rated room air cleaners can remove tobacco smoke particles as small as one-tenth of a micron, and dust and pollen particles much smaller than one micron, which is smaller than the period ending this sentence.

To help you choose the best air cleaner for your home, call 1-800-267-3138 or visit www.cadr.org.

You can download a directory of all certified room air cleaners, find out where to purchase replacement filters for your air cleaner or check the daily pollen count in your area.