

# Hints For The Home

## Put Household Dust Where It Belongs—In The Trash

(NAPSA)—They say home is where the heart is, but no one ever says it's also where the dust is. Your house is supposed to be a safe environment where you and your family can enjoy each other, play and rest. However, if you knew the amount of dust lurking in your home, you might not sleep as easy. In fact, the average American home collects around 40 pounds\* of dust each year.

Dust is just one more unnecessary thing that can affect your health. Although small amounts of dust won't bother most humans, according to the American Academy of Allergy, Asthma and Immunology, over 40 million Americans do suffer from indoor allergies due, in part, to dust. A study conducted by the U.S. EPA shows that dust accumulation is partially responsible for indoor air quality being two to five times worse than outdoor air. To reduce the likelihood of developing allergies and create a healthier home environment, doctors recommend cleaning as the first line of defense and say dusting is the most powerful way to combat indoor air allergies.

A mistake that consumers often make after cleaning is keeping the dust inside their homes. Make sure you put dust in the trash where it belongs. That means no more reusing dirty, oily T-shirts and washcloths to dust your home. Instead, use a disposable dust cloth such as the new *Endust*® Dust Cloths. This will enable you to use a clean cloth each time you clean. Also empty your vacuum cleaner frequently. It is best to dump the bag or container outside to avoid exposure to some of the debris.



Household cleaning experts from organizations such as the National Institute of Environmental Health Sciences suggest a variety of ways to minimize dust in your home. Try these tips:

- Keep décor to a minimum.
- Remove shoes before entering the home.
- Avoid a lot of upholstery and, when possible, keep floors bare.
- Avoid sweeping because it stirs up dust; instead, use a HEPA filter vacuum at least once a week.
- Dust with a new, clean cloth each time, such as *Endust* Dust Cloths, along with a dusting and cleaning spray like *Endust*, to better hold on to the dust.
- Keep pets outside or at least off furniture and sleeping areas.
- Use quality A/C and heating filters and change them frequently.
- Make sure door and window seals are still in good condition.
- Clean vents annually inside your home and have them checked by an HVAC specialist.

For more innovative cleaning tools to combat dust, visit the *Endust* brand's new Web site, [www.endust.com](http://www.endust.com).

\*Source—"Asthma for Dummies"