

# Children's Health

## Tips For Managing Allergies

(NAPSA)—If your child ever joins the millions who suffer from allergies, you should know that reducing contact with airborne allergens such as dust and pollen can help prevent the onset of symptoms.

Here are steps you can take to help your child breathe easier:

- Keep windows closed in the car and at home and limit outdoor activities, especially when the pollen count is high.

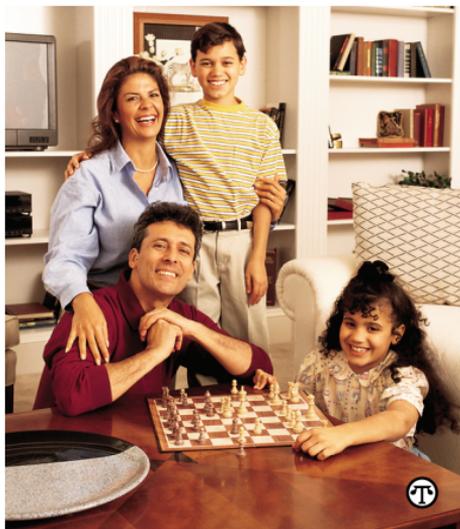
- Take a bath or shower before bed to help remove the allergens that may have collected on clothing throughout the day.

- Vacuum the carpet and floors throughout the home on a regular basis and consider using a vacuum with a HEPA filter.

- Dust mites tend to live on the floor, bedding and furniture, so wash your child's bedding frequently in hot water. You can also use dust mite allergen covers on bedding. It is also helpful to minimize the amount of extra pillows and stuffed animals that are kept on the bed, since they are prone to collecting dust mites.

- Don't hang laundry outside, where it may collect pollen and other allergens. Use the clothes dryer or hang the clothes inside.

- Use a portable room air cleaner in your child's bedroom to filter airborne particles and help him or her breathe—and sleep—easier. A portable air cleaner that's received a Clean Air Delivery Rate seal reduces the level of airborne pollutants.



**There are things you can do to protect your youngster from allergy and asthma triggers.**

Before getting the air cleaner, determine the size of your child's bedroom. You can search for air cleaners in a directory found on [www.cadr.org](http://www.cadr.org) and compare certified models. Look at the ratings for tobacco smoke, dust and pollen and find the models with the highest ratings, since they'll clean the room the fastest. You can then weigh the importance of product features, such as noise levels and design, to find an air cleaner that fits your needs.

Visit [www.cadr.org](http://www.cadr.org) or call (800) 267-3138 for a free Consumers Guide to Selecting an Air Cleaner. You can get further information at the Association of Home Appliance Manufacturers Web site, [www.aham.org](http://www.aham.org).