



TIP OF THE MONTH



A DOZEN TIPS TO ALLERGY PROOF YOUR HOUSE

Like 50 million Americans (1 in 5) I suffer from allergies. I have had the skin tests, blood tests, allergy shots, and use eye, nose and respiratory medications. Here are 12 proactive environmental control measures for your home that may help you.

1. **Floors:** Replace carpeting with wood, carpeting or linoleum particularly in bedrooms. Choose low pile carpeting; or use washable area rugs. Keep grout between tiles to a minimum. Floors should be wet mopped regularly, keep home as dust free as possible.
2. **HEPA Vacuum:** These vacuums with high efficiency filters are designed to capture small particles, dust mites and other allergens. Regularly vacuum curtains, upholstery, and carpeting including closets and under beds. Avoid venetian blinds and long curtains. Avoid broom sweeping; vacuum or wet wipe dust from hard surfaces.
3. **Pets:** Cats produce more dander than dogs; brush pet's coat outdoors. Bathe pets 1 time per week; keep pets out of your bedroom. Keep pets off of furniture.
4. **Plants:** Limit the number of indoor plants. Keep outdoor plants trim and away from windows and HVAC intakes. Choose allergy-friendly plant varieties for inside your home and outdoors.
5. **Bedrooms:** Dust mites are microscopic bugs that can live by the millions in your bedding. They eat dead skin and produce allergic symptoms based on the waste they produce. Wash bedding at least once per week in hot water (>130°F) to kill dust mites. Cover mattress, boxsprings and pillows with dust-proof covers. Avoid feather pillows; Dacron pillows are preferred to foam rubber pillows.
6. **Bathrooms:** Use exhaust fans to control moisture. Soap scum/grout is a food source for mold. Remove carpet and wallpaper. Don't let damp linens sit in the hamper.
7. **HVAC:** Use filters that are MERV6 or better, replace regularly, vacuum dust on return grill surfaces.
8. **Temperature/Relative Humidity:** Set air conditioner to re-circulate to keep humidity below 50%. Use dehumidifiers in damp areas such as basements. Humidifiers can be a breeding ground for mold unless cleaned at least 1-2 times per week.
9. **Children:** Wash stuffed animals in hot water or put in plastic bag in freezer for 24 hours to kill dust mites.
10. **Furniture:** Avoid upholstered furniture (wood, metal, leather or plastic furniture is preferred).
11. **Seasonal/Outdoors:** Check daily pollen and mold counts and limit time/exercise outdoors accordingly. Keep doors/windows closed when cutting grass, landscaping, and during/after rain storms and damp conditions at night and early morning (high mold times).
12. **Smoking:** Do not smoke in your house.

Feel free to blog any questions regarding allergens at our website www.aetinc.biz.

