

10 Ways to Curb Hidden Allergens at Home

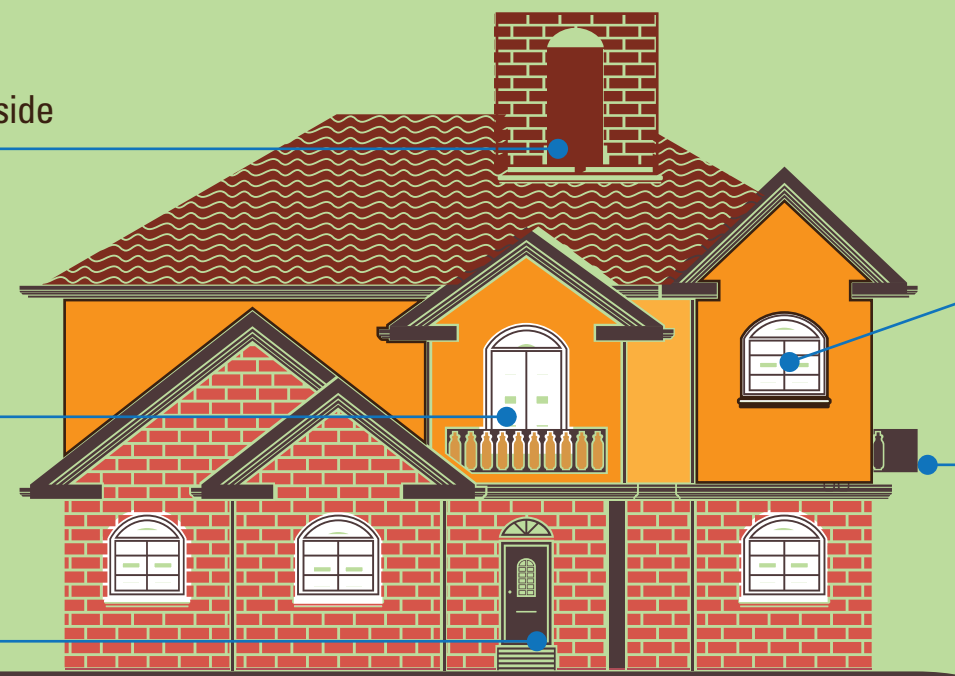
1 Avoid smoke particles
skip the wood-burning fireplace and don't smoke inside

2 Keep pets out of the bedroom
limit dander in your sleeping area

3 Take off your shoes
avoid tracking in allergens

4 Avoid scenting your home
room sprays, scented candles
and oils can trigger allergies

5 When buying furniture
avoid cloth material and look for
easy-to-clean surfaces



6 Wash bed linens and curtains
reduce allergens in the air

7 Humidity levels matter
too much moisture increases
mold and dust mites

8 Use HEPA filters
use them in vacuum and furnace

**9 Use solid flooring like tile,
wood and linoleum**
they are easiest to keep clean

**10 Use exhaust fans
in kitchen and bathroom**
lessen cooking fumes and moisture

