

Title:

Helpful Household Tips for Allergy Sufferers

Word Count:

591

Summary:

One of the most common causes of allergy symptoms in the home are dust mites.

This article provides helpful household tips on how to reduce home allergens associated with d

Keywords:

allergy, allergies, allergen, dust mites, dust mite, mattress encasement, pillow encasement

Article Body:

One of the most common causes of indoor allergy symptoms is the house dust mite. It's estimat

1.) Encase your mattress and pillows with a zippered hypoallergenic allergen barrier that bloc

2.) At least once every week, wash your sheets in very hot water. The water should be at leas

3.) It is recommended that severe allergy sufferers also completely cover their box springs an

4.) Keep the temperature in your home and especially in your bedroom below 70°F if possible an

5.) While encasements keep dust mites from entering your mattress and pillows, allergens and d

6.) Always vacuum beneath your bed and mattress. Damp mop any hard flooring and use a damp ra

7.) If it's in your budget to do so, remove carpeting, especially in the bedroom, and replace

8.) Wash children's soft-cloth toys in 130°F water if possible, otherwise place them in the fr

9) Dust mites also consume the dead skin cells that Fido and FiFi exfoliate, and pet dander it

10) Not only can cigarette & fireplace smoke be carcinogenic, they also can exacerbate any res

~ Ben Anton, 2007

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