
health hints

Allergy Discomfort Is Nothing To Sneeze At

(NAPS)—While for many, spring means warmer weather, for others it can mean a stuffy or runny nose, sneezing, congestion, itchy eyes and nose, sore throat—seasonal allergies. Fortunately, there are things that can be done to ease these symptoms.

While it can be difficult to completely avoid the things that cause outdoor and indoor allergies—such as pollens, grasses and weeds, dust mites, pet dander, tobacco smoke and molds—there are some things you can do to minimize your exposure.

For example, you should keep windows closed in the car and at home and limit outdoor activities, especially when the pollen count is high. You can check the pollen count for your area at the Web site www.cadr.org.

Do not hang laundry outside to dry as the items may collect pollen and other allergens. Instead, use a dryer or hang the clothes inside. Taking a shower before bedtime can help remove the allergens and help you avoid nighttime allergy problems.

Another option is to place a portable room air cleaner in your bedrooms. Most are easy to carry devices and can be moved from room to room.

According to a recent study conducted by the Association of Home Appliance Manufacturers, 57 percent of air cleaner owners believe that their air cleaners have had a large impact on the quality of indoor air, and 32 percent believe that their air cleaner has led to an improvement in their health and/or the health of other household members.

Before purchasing an air cleaner, know the square footage



There are many things adults and children can do to minimize their exposure to the things that trigger allergy symptoms.

of the room you want to treat. You'll want to select an air cleaner that's large enough for the room you're treating. Also, consider air filtering efficiency. Look for the Clean Air Delivery Rate (CADR) seal on the product packaging. The seal indicates that the unit has been tested for its performance at an independent laboratory.

From air cleaner to air cleaner, compare the CADR numbers. The higher the dust, tobacco smoke and pollen CADR numbers, the faster the unit filters the air. You can then weigh the importance of product features to find an air cleaner that fits your needs.

This spring, don't let allergies bring you down, contact the Clean Air Delivery Rate program to find out how you can reduce the allergens in your home.

To learn more, visit the Web site at www.cadr.org or call toll free 800-267-3138 to receive a directory of CADR certified air cleaners.

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