



Holiday Shopping

Shopping Ideas To Fight Indoor Air Pollutants

(NAPS)—When planning to do your holiday shopping—both for gifts and for decorations, it's important to consider any allergy or asthma sufferers on your list. That's because many allergens associated with yuletide can quickly turn the celebration into sneezin' season.

Before you deck the halls with decorations, remember this: artificial trees and ornaments tend to build up with dust and mold that can result in allergic reactions. Fortunately, a portable CADR-certified (clean air delivery rate) air cleaner can help remove dust and other allergens from the air.

It is also important to clean your ornaments before putting them onto the tree and to store them properly when the time comes to pack them back up.

Live evergreen trees brought into the home may be carrying mold or pollen from ragweed and/or other plants on them. Before you bring the tree inside, use a leaf blower to remove the concentration of pollens from the branches. Finally, wipe the trunk with a diluted bleach solution to help remove any mold.

Meanwhile, the following holiday shopping list can help you meet the needs of allergy and asthma sufferers:

Allergy and Asthma Gift List

1. A CADR-certified portable air cleaner.
2. A dehumidifier.
3. Replacement air filters for



For some people, the holiday season often means an increase in allergy symptoms.

heating, cooling and air cleaning systems.

4. *My House is Killing Me*, a book by Jeffrey C. May.

5. A subscription to allergy publications such as *Coping with Allergies & Asthma* and *Allergy and Asthma Health*.

6. Pet shampoos with dander sealing capabilities.

7. Micro-lined, two-ply vacuum cleaner bags that are designed to prevent dust from blowing back into the air.

8. Hypoallergenic mattress and pillow coverings.

9. Allergen carpet treatment.

10. Hypoallergenic laundry detergent formulated to fight dust and other allergens.

For more information on certified room air cleaners, visit www.cadr.org or call 1-800-267-3138.