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## **FROM MITES TO MIGHTY CLEAN: AN AIR CLEANER CAN HELP MINIMIZE ALLERGIES**

According to the American College of Allergy, Asthma & Immunology (ACAAI), dust mite populations tend to peak in July and August. There is also evidence that cockroaches have a seasonal pattern, peaking in the late summer. Even mold levels tend to peak during the summer months depending on where you live. All of these substances are present in household dust particles. A speck of dust may contain fabric fibers, animal dander, dust mites and cockroaches, mold spores, bacteria, food particles and other debris.

House dust and dust mite allergies are widespread and dust is just the right size to be inhaled. Dust mites are found in the highest concentrations in pillows, mattresses, carpeting and upholstered furniture. They are re-circulated into the air when one walks on a carpet or disturbs bedding, but settle out of the air once the disturbance is over.

To reduce the presence of dust mites in your home, you can cover your mattresses and pillows, wash bedding in hot water, wash curtains and area rugs frequently, don't allow pets in the bedroom, vacuum regularly and improve ventilation. Keeping the humidity level below 60% will reduce dust mite populations as they prefer a moist environment. Dehumidify your indoor air and use a portable air cleaner to filter dust particles.

The Association of Home Appliance Manufacturers (AHAM) has developed the CADR certification program for air cleaners to help you select the right air cleaner for your home. Clean Air Delivery Rates (CADR) and recommended room sizes are listed for all products bearing a CADR seal. CADR rated room air cleaners can remove tobacco smoke particles as small as one-tenth of a micron, and dust and pollen particles much smaller than one micron which is smaller than the periods ending this sentence.

To help you choose the best air cleaner for your home, call 1-800-267-3138 or visit [www.cadr.org](http://www.cadr.org). You can download a directory of all certified room air cleaners and find out where to purchase replacement filters for your air cleaner or just to check the daily pollen count in your area.