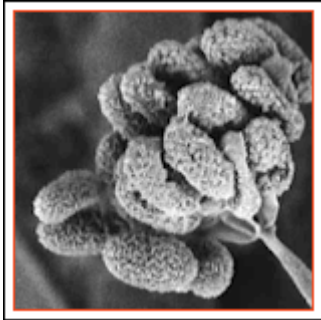


Allergy-Proofing Your Home



Cooler days may be a welcome relief, but Fall's arrival also brings the dreaded allergy season. With nearly 40 million Americans plagued by seasonal allergies in the Spring and Fall, I would like to remind you that the best place to begin allergy-proofing is in your home.

By Ron Specht

Air Purifiers



There are several things people can do to clean the air in their homes. Portable air purifiers can remove as much as 99.97% of dust particles along with mold spores, pet dander and pollen. When choosing an air purifier, be sure to consider filter type and clean-air delivery rate. HEPA (high efficiency particulate air) filters are one of the most efficient ways to remove airborne particles. CADR (clean air delivery rate) is the amount of cleaner air (measured in cubic feet per minute) that an air purifier delivers to a room of a specific size. A higher CADR indicates more capacity to return clean air to the room. Similarly, ACH, or air changes per hour, measures how many times per hour the unit distributes clean air through the room. Allergy and asthma sufferers are best served with an ACH rating of six or higher. Examples of clean air delivery rates for specific room sizes are listed below:

Room Size CADR for 6 ACH

9 x 12 **75**

12 x 14 **130**

14 x 18 **195**
17 x 22 **287**



Another thing to keep in mind is the air filter on your heating and cooling system. Clogged and dirty air filters can be the culprits of bothersome allergy symptoms.

There are several types of filters made specifically to reduce allergens in the home. These filters remove pollen, plant spores, pet dander, lint and other contaminants and remove up to 95 percent of dirt and dust for up to three months. It is eight times as effective as ordinary spun glass filters.



One of the easiest ways to control allergens in your home is to clean on a regular basis. Dust all surfaces with a damp cloth or an electrostatic cleaning cloth to reduce the amount of dust you return to the air.

Avoid feather dusters, as these tend to just stir up the dust, not collect it. Don't forget to dust behind and around heat-generating items like televisions, stereos and computers.

Vacuum all carpets at least two times a week making sure to get behind furniture and the floors of closets as often as possible.

Invest in a vacuum cleaner that has a HEPA filter for maximum allergen filtration.

Deep clean your carpet every few

months with a carpet cleaner. Make sure that the carpet dries quickly to avoid mold growth.

And for those who have upholstered furniture that can also attract dust mites and pollen, the handheld cordless vacuums offer a quick and easy solution to keeping fabrics and other hard to reach places allergen-free.

Easy Clean, Easy Go

Allergy sufferers may find that the bare surfaces of hardwood, tile or linoleum floors are a snap to clean and control dust build-up.

These types of surfaces are even easier to clean with the new powerless electrostatic sweeper systems. They use cloths that easily attract dust, hair and dirt, and offer easy cleanup without the hassle of sprays, liquids, or the old stand-by of a bucket and water.

If you have any questions about allergy-proofing your home, or any other home improvement question, e-mail me at ron.specht@yourhomecolumbus.com.