

ALLERGY ALERT FROM PRIDE OF LOS ANGELES!

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Think you're safe from pollution at home? Think again.....
Here are some suggestions to fortify a home against allergies:

- 1. CLOSE THE WINDOWS:** It may be disappointing to lock out fresh air, but it also blocks pollen and other allergens. Use the air conditioner or heater to keep air moving through the filter. If allergies are a real bother, invest in a high-efficiency filter that will trap more irritating particles.
- 2. CARPETS ARE ALLERGEN MAGNETS:** Vacuum wall-to-wall carpets frequently preferably with a machine that has a powerful filtration system. Wear a dust mask when vacuuming. Have the carpets professionally cleaned twice a year using a truck mount system of hot water extraction.
- 3. PUT HYPOALLERGENIC COVERS ON MATTRESS & PILLOWS:** Wash bedding in hot water at least once a week. Don't sleep on overstuffed furniture.
- 4. PET OWNERS SHOULD KEEP ANIMALS OFF BEDS:** Pet dander is a known allergen and also helps dust mites proliferate. Bathe and groom pets frequently.
- 5. DON'T CUT DOWN TREES:** All trees may contribute to allergies, but cutting down nearby plants and trees will have little impact on pollen which can travel for miles.
- 6. CLEAN AIR DUCT SYSTEM:** Cleaning and sterilizing the air ducts using a professional service can help reduce the amount of allergens that pass through the filter.