

Breathe better:

Reduce home allergens

Improving indoor air quality is essential for managing asthma and respiratory health. Cleaning is one of the easiest steps you can take to help reduce allergy or asthma flares.



5 Steps

to a cleaner home environment



1 Dust weekly

Use a dusting product or special cloth or tool that attracts dust (a dry cloth spreads dust around, it doesn't remove it).

2 Use HEPA filtration

Vacuum carpets and upholstery weekly with a HEPA-certified vacuum to capture 99.97% of tiny irritants.

3 Launder to kill dust mites

If safe for the fabric, wash sheets, pillows and blankets weekly at 130 F (54 C) or wash in cold water and dry in high heat.



4 Control indoor humidity

Keep humidity levels below 50% using a dehumidifier or air conditioner to prevent mold growth and dust mite colonies.



5 Minimize clutter

Reduce items that collect dust, such as stacks of paper, knick-knacks, and plush toys in sleeping areas.

Common indoor triggers:

- » Pet Dander
- » Dust Mites
- » Mold Spores
- » Pollen
- » Smoke
- » Cockroaches

Consult your family doctor

If you experience persistent respiratory symptoms, visit your doctor for allergy testing and a personalized management plan. Cleaning is an important part of keeping you and your family healthy.

Learn more with the [American Cleaning Institute](https://www.cleaninginstitute.org/)

- » The most common allergens
- » Tackling your home room-by-room
- » How to control clutter