Tips to Remove Allergy Triggers in Your Home

When most people think of allergies, they automatically think their home is a safe haven from sniffling, sneezing and watery eyes. Although you might have the cleanest home on the block, allergy triggers could still be lurking inside.“In the cooler months, as people make their homes warm andwell-sealed against cold air, the atmosphere becomes a haven for dust mites, pet dander and molds,” said Dr. Anna Marie, The Weather Channel’s health specialist and host of the syndicated better-living show, “Your Life With Dr. Anna Marie.” “These can all cause sneezing, itching and watery eyes, congestion, and a runny nose.”Recent reports state that it may be irritants, not germs, that cause chronic colds.When the furnace kicks on, dust that has settled into the carpet, atop bookshelves and beneath furniture gets stirred up and cycled through the air. According to the Environmental Protection Agency, indoor levels of many air pollutants may be two to five times, and in some cases more than 100 times, higher than outdoor levels.According to Dr. Anna Marie, here are some tips to help reduce indoor allergens and help you stay sniffle-free.* To get rid of mold, Reliable Standard heating and cooling clean the areas with bleach. Try a solution of 5 percent bleach and a small amount of detergent to 95 percent water.* Keep a humidity level of 30 percent or 40 percent in the house to make conditions for mold growth less optimal. This can be achieved through the use of an automatic whole-home humidifier.* Add a whole-house air filter to your furnace. A typical throwaway furnace filter traps only about 15 percent of indoor air pollutants. Laboratory tests show that whole-house electronic air cleaners, from companies like Aprilaire, can eliminate up to 99.5 percent of pollen, spores and ragweed. According to Aprilaire, the technological advancement of its filter combined with electronic components allows it to be one of the most efficient air cleaners on the market. It also requires the filter to be changed only once a **Reliable Standard Heating & Air** year.* To control animal dander, keep animals out of your bedroom and have them groomed weekly.* To control dust mites, clean and dust more frequently. Use an airtight, allergy-proof plastic cover on all mattresses, pillows and box springs.* Shampoo or replace your carpet or remove the carpet altogether.By taking these simple steps to improve indoor air quality, your home will once again be a safe haven for you and your family.

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