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Contact: Jill A. Notini

Phone: (202) 872-5955

Fax: (202) 872-9354

Email: jnotini@aham.org



SPRING TIME ALLERGIES: HOW TO AVOID THEM

In the spring, trees and grasses can be common allergens which trigger your and your family's allergies. Allergic rhinitis, or hay fever, is often a problem for babies and children. Common symptoms are: a stuffy or runny nose, sneezing, congestion, itchy eyes and nose, sore throat, and a cough that may be worse at night and in the morning. Adults and children with seasonal allergies usually exhibit these symptoms when exposed to outdoor allergens, such as pollens, grasses and weeds. Others may have perennial allergies, which cause allergies all year due to exposure to indoor allergens, such as dust mites, pet dander, tobacco smoke and molds.

It is difficult to completely avoid the things that cause allergies, but there are some things you can do to minimize your exposure. For example, you should keep windows closed in the car and at home and limit outdoor activities, especially when the pollen count is high. You can check the pollen count for your area at www.cadr.org. Do not hang your laundry outside to dry as the items may collect pollen and other allergens. Instead, use a dryer or hang the clothes inside. Taking a shower before bedtime will help remove the allergens and help you avoid nighttime allergy problems.

Another option for reducing allergic symptoms is to place a portable room air cleaner in your bedrooms. Most are easy to carry devices, and can be moved from room to room. According to a recent study conducted by the Association of Home Appliance Manufacturers, 38% of all air cleaner purchases were made to improve the health of self and other adults and children in the household; 57% of air cleaner owners believe that their air cleaners have had a large impact on the quality of indoor air, and 32% believe that their air cleaner has led to an improvement in their health and/or the health of other household members.

Before purchasing an air cleaner, know the square footage of the room you want to treat. You'll want to select an air cleaner that's large enough for the room you're treating. Also, consider air filtering efficiency. Look for the **CADR** seal on the product packaging. The seal indicated that the unit has been tested for its performance and shows how well an air cleaner reduces pollutants such as tobacco smoke, pollen and dust.

This spring, don't let allergies bring you down, contact the **Cleaner Air Delivery Rate Program** to find out how you can reduce the allergens in your home. Visit us on the web at www.cadr.org, or call 202-872-5955 x 325 and we will provide you with a directory of the 160 different models that are tested and CADR certified.