Pet Allergies





Household pets including cats, dogs, rodents, and birds can present special problems

for people with allergies. Many people with cat allergies think they are allergic to the animal's fur. It is actually a protein within the pet's saliva and dander (skin flakes) that is the cause of their trouble. When cats groom themselves, they deposit saliva onto their fur and skin. Large amounts of dander become airborne when the animal rubs against furniture and when you brush or pet them. This substance is very difficult to remove from an environment. Dander also contributes to another allergy problem. It serves as a food supply for dust mites. Although the fur of a dog or cat is not a major allergen, it will collect pollen, dust, mold, and other irritants.

Someone with allergies or asthma should **not** keep a pet in their house. Although it is both physically and emotionally difficult, **finding the pet a new home, is the best solution!** Even isolating the pet to a small area or keeping the pet outdoors, does not guarantee a

dander-free home. Air currents, from central heating and air conditioning or fans, will spread pet allergen throughout the house. Dander can also be brought back in on the body and clothing of other people.

- 1. Find the pet a new home!
- **2.** If this is not possible, keep your pet outdoors.
- **3. Never** allow the pet into the bedroom of the allergic individual!
- **4.** Wash the pet every week to reduce the amount of airborne dander.

Pollen Allergies





Pollen, a very common allergen, is the cause of "seasonal allergic rhinitis" or "hay fever." During the seasons when

plants are pollinating, people who are sensitive will develop allergic reactions. Most pollens are light enough to be windborne and can penetrate anywhere, indoors and out. The hay fever season can be a different time of year for different people. This is because trees, grasses, and weeds produce pollens during different seasons.

Symptoms from pollen allergies include a stuffy and watery nose, redness, swelling and itching of the eyes, an itchy nose, throat, and mouth, and itching of the ears.

By avoiding substances that cause reactions, it is possible to control hay fever. You can still enjoy times of high pollenation by using a few simple precautions:

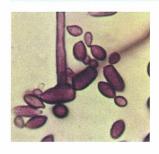
- 1. Keep windows closed and run the air conditioner.
- 2. Clean or replace air conditioner filters

regularly.

- **3.** Avoid exercising outdoors especially during the early morning hours when pollen counts are highest.
- **4.** Use a clothes dryer instead of drying your clothes outdoors.
- 5. Take a shower and wash hair each night. This will remove pollen, keeping it off your pillow.
- **6.** Wear a pollen and dust mask when working in the yard and garden.
- 7. Keep the landscaping around your home neat and tidy as pollen and mold will accumulate on weeds and other debris.

Mold Allergies





Mold is a form of fungus, which is in the plant family. It survives on and eats tiny amounts of decomposing plant or animal

matter. Among the most widespread living organism, mold reproduces by releasing spores into the air. They settle on organic matter and grow into new mold clusters. It is these spores that trigger allergic reactions when inhaled.

Indoors, the mold spore season is year round. Mold thrives in dark, warm, humid areas of the home including bathroom walls, shower stalls, pillows, mattresses, under carpeting, unwashed clothes, refrigerator drain pans, air conditioners, and humidifiers.

Plant soil, concrete, the inside of garbage cans, damp basements, and attics also harbor mold. Outdoors, mold spores may also be present in the air all year, except when snow covers the ground. Individuals sensitive to mold should avoid exposure to fallen leaves, cut grass, compost piles, rotting wood, barns, and especially areas that don't see much sunshine.

If you have been diagnosed with a mold allergy, the following tips are essential:

- 1. Reduce the humidity level in your home to below 50% by using air conditioner or a dehumidifier.
- **2.** Clean surfaces where mold grows and use an inhibitor to prevent future mold growth.
- 3. Never steam clean carpeting. Moisture trapped in the carpet padding will create a haven for mold growth. It is best to

- remove carpeting from the bedroom.
- **4.** Have someone mow the lawn and rake leaves for you.
- **5.** If you must work out in the yard, wear a high quality mask for protection.
- **6.** Do not hang clothing outdoors. This makes an attractive landing surface for airborne mold spores.
- 7. Potted plants that require moist soil should not be kept indoors.
- **8.** If you use a humidifier during the dry season, be careful not to **over** humidify.
- Since we all perspire, change your pillow every year. Be sure to use a pillow with an agent that will inhibit the growth of mold or mildew. Wash pillows regularly.
- **10.** Be sure your clothes dryer is well vented to the outdoors.

Could Your Indoor Environment Be Making You Sick?

Since the 1970's, homes, schools, and office buildings have been built with air tight specifications to conserve energy. This causes airborne particles to remain in the air with nowhere to go. According to the EPA, indoor air is found to be up to 70 times more polluted than outdoor air. The American Lung Association states that we spend about 90% of our time indoors, 60% of that time at home. Many illnesses (allergies, asthma, and

hay feveró allergic rhinitis) are either caused, or aggravated, by polluted indoor air.

Allergies are reactions of the immune system to substances known as allergens. Common symptoms include a clear, watery nasal discharge, stuffiness, itchy nose and sneezing accompanied by watery and itchy eyes. Allergens, often called i triggers, i include household dust, dust mites, mold spores, pet dander (skin flakes), cockroach

waste, tree, grass, and weed pollen, and tobacco smoke.

As you come in contact with allergens, your immune system i fills up.î When your system becomes overloaded, you feel miserable. By **avoiding the allergens** that cause your discomfort, you are giving your system a chance to i unloadî and recover. The products within this catalog will provide the practical solutions you need to feel better!

House Dust And Dust Mite Allergies





Dust mites, which are scientifically known as dermatophagoides pteronyssinus, are insect-like creatures. They are natural inhabitants of your

home, but because they are microscopic you have probably never seen them. Their presence does not indicate a lack of cleanliness. In fact, no matter how meticulously you clean, they can not be entirely eliminated. Since females lay 25 to 50 eggs every three weeks, total elimination would be impossible.

Dust mites live in house dust and feed on flakes of human skin that are contained in the dust particles. People shed skin flakes constantly, in amounts up to 1.5 grams per day. This provides enough nourishment for the dust mites to gorge on and even tides them over during periods when rooms are not entered or used.

House dust mite allergy is not only caused by the dust mites themselves, but also by their excrements (feces). Each mite produces about 20 feces each day causing allergic reactions, even after the mite that produced them is dead. Constant exposure to mite allergens can lead to chronic (long term) illness

Dry air during heating periods causes dried dead mite bodies and body parts to break down into an extremely fine powder. This potent powder becomes even easier to inhale.

Attracted to warmth and moisture, mites thrive in mattresses, pillows, towels, carpets, upholstered furniture, and children's stuffed toys. The average bed contains two million of these creatures, making the bedroom a danger zone for anyone who is sensitive to dust mite allergen.

By taking a few steps to minimize dust mite allergen in your bedroom, along with other areas of your home, it is possible to decrease your allergic symptoms and even medication requirements.

Allergy Proof Your Bedroom



- 1. Avoid dust mite allergen by encasing pillows, mattresses, and box springs in allergenimpermeable encasings.
- **2.** Be sure to wash bedding in hot water (130°) every 7 14 days. Remove dust ruffle.
- 3. Use a dehumidifier or air conditioner to bring indoor humidity level below $50\,\%$.
- **4.** Remove wall-to-wall carpeting. If not possible, treat carpets with anti-dust mite products.
- **5.** Vacuum often using a vacuum cleaner with high-allergen containment and a HEPA filter.
- **6.** Remove stuffed animals that are not hot water machine washable.

- **7.** Use an accurate humidity gauge to maintain proper humidity levels.
- **8.** Cover heating vents with special vent filters to clean air before it enters your room.
- **9.** Use a HEPA air purifier to remove airborne allergens from the air. (mites are not airborne).
- **10.** Wear a dust mask when cleaning or doing household chores.
- **11.** Decorate with wood, vinyl, or leather furniture.
- **12.** Avoid heavy drapes; use shades or washable curtains.
- **13.** Avoid wall hangings that tend to collect dust such as wall pennants and posters.
- **14.** Keep all clothes and books in drawers or in the closet.

Cockroach Allergies

Recent studies have shown cockroach droppings and their allergen to be a leading cause of asthma attacks, especially in children. Pediatric asthma has dramatically increased in urban areas where cockroaches are prevalent. Children in these areas whose bedrooms harbor cockroach proteins wheeze the most, miss the most school, and spend the most time in hospitals.

Even though this problem is a difficult one to solve, the following steps will help to decrease cockroach allergen in your home:

- 1. Aggressively exterminate the entire dwelling.
- **2.** Thoroughly clean immediately following extermination.
- 3. Use roach traps, especially in the kitchen.
- **4.** Seal all cracks to prevent cockroaches entering from outside or neighboring dwellings.
- **5.** Place food in air tight containers and thoroughly clean the kitchen after every meal. Do not leave dirty dishes in the sink, and empty trash containers often.
- **6.** Remove old newspapers and other similar items from the home where cockroaches may hide.