

Common sense precautions to reduce sources of pollution in your home

1. General

- heat your home sufficiently (15 – 20C) while maintaining adequate ventilation with windows, trickle vents and extractor fans
- ventilate during and after polluting activities such as cooking, vacuuming and using toiletries
- ventilate well during home improvement activities
- don't forget about outdoor air coming in – if you live near a busy road for example, keep doors and windows closed during peak traffic times
- vacuum regularly, ideally using a machine with a high-efficiency particle arresting (HEPA) filter.
- use Airora 4-in-1 air cleaners!

2. House dust mites

- choose wood or hard vinyl floor coverings instead of a carpet
- fit roller blinds that can be easily wiped clean
- choose leather, plastic or vinyl furniture instead of upholstered furniture
- clean cushions, soft toys, curtains and upholstered furniture regularly, either by washing (at a high temperature) or vacuuming
- use tested allergy-proof covers on mattresses, duvets and pillows
- use a vacuum cleaner fitted with a HEPA (high efficiency particulate air) filter, because it can trap more dust mites than ordinary vacuum cleaners
- regularly wipe surfaces with a damp, clean cloth – avoid dry dusting, as this can spread dust into the air
- concentrate your efforts of controlling dust mites in the areas of your home where you spend the most time, such as the bedroom and living room

3. Pets

- it's not the pet fur that causes an allergic reaction, instead, it's flakes of their dead skin, saliva and dried urine.
- if you can't permanently remove a pet from the house, you could try:

- keeping pets outside as much as possible, or limiting them to a particular area of the house, preferably an area without carpet
- not allowing pets in bedrooms
- washing pets at least once a week
- regularly grooming pets outside
- regularly washing all bedding and soft furnishings on which a pet has lain
- increase ventilation with fans, air-conditioning or by opening windows
- if you're visiting a friend or relative with a pet, ask them not to dust or vacuum on the day you're visiting, as this will stir up the allergens into the air
- taking an antihistamine medicine about an hour before entering a pet-inhabited house can also help reduce your symptoms

4. Mould spores

- keep your home dry and well-ventilated
- keep boiling pans covered and use a timer to limit shower times
- close doors between damp basements and living areas, and consider using a dehumidifier to reduce persistent moisture in the air
- remove any indoor pot plants from your home
- don't dry clothes indoors, store clothes in damp cupboards or pack clothes too tightly in wardrobes
- deal with any damp and condensation in your home
- avoid damp buildings, damp woods and rotten leaves, cut grass and compost heaps

5. Pollens

- avoid drying clothes and bedding outside when the pollen count is high
- keep doors and windows shut when possible
- shower and change your clothes after being outside
- don't keep fresh flowers in the house.
- damp dust regularly
- keep pets out of the house during the hay fever season - if your pet does come indoors, wash them regularly to remove any pollen from their fur

- don't smoke or let other people smoke in your house
- avoid drying clothes outside

6. Volatile organic compounds (VOCs)

- buy unscented or allergy free products
- use easily inhaled sprays and aerosols only sparingly and in well ventilated spaces
- buy water based, rather than solvent based, paints which are low in odour and VOCs
- use product free alternatives, like dusting with a damp cloth rather than applying furniture polish
- don't use air fresheners, find and eliminate the source of the smell itself

7. Particulate matter

- use extractor fans or cooker hoods and open any windows or trickle vents
- vacuum regularly with a HEPA based vacuum cleaner
- if you have a wood burning stove or fire:
 - burn only untreated, fully dry wood
 - ensure the flu damper is wide open before use
 - clean the flu and chimney regularly

8. Carbon dioxide and carbon monoxide

- don't use unvented appliances, such as freestanding gas and paraffin heaters
- regularly service and maintain appliances such as cookers and heaters, and any associated flues