



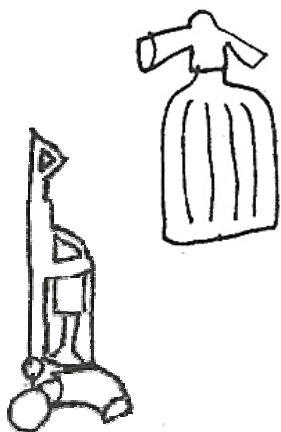
Allergen Hot Spots and Defense Strategies

May is Asthma and Allergy Awareness Month.

Dyson microbiologists and the Asthma Society of Canada agree it's important to incorporate **asthma & allergy friendly™** cleaning into your routine in order to reduce home allergens like dust mites, pollen, pet dander and chemical fumes.

The good news is that with the right tools and a few simple defense strategies, you can make sure your cleaning routine isn't doing more harm than good.

The Asthma Society of Canada says chemical fumes can contribute to allergies and asthma. That's why Dyson microbiologist Danielle Stevens suggests swapping chemical cleaners for natural, earth-friendly options like vinegar and baking soda.



asthma & allergy friendly™ cleaning

1. FRONT HALL RUGS

Front hall rugs collect extremely high levels of dust, skin-cells and dirt, especially in the summer months when there is more in/out traffic. This makes them the perfect breeding ground for dust mites. The mites themselves don't usually trigger symptoms, but according to the Asthma Society of Canada, their feces and decomposing body parts can.



Defense Strategy: Take off shoes and boots before entering the house. Shake rugs outside to get rid of dust and dirt and then vacuum thoroughly to make sure you remove the dust mites, their droppings and their food source.

2. Wardrobes and front hall closets accumulate mildew from wet coats and shoes — increasing the chance of mould and other allergens that can trigger asthma and allergy symptoms.

CLOSETS

Defense Strategy: Dyson microbiologists suggest placing a charcoal briquette in each corner of your wardrobe/front hall closet to absorb moisture from coats and shoes. Mildew won't stand a chance.



3. CARPETS

Dyson microbiologists say there can be up to 1,000 dust mites crawling around in every square metre of carpet.



Defense Strategy: Vacuum at least once a week to reduce the number of dust mites and to remove their food source — dead skin cells and dust. Make sure the vacuum is **asthma & allergy friendly™** certified and reduces allergens instead of just redistributing dust.

4. Curtains and blinds harbor dust and pollen — even more so in the spring and summer when windows are left open.

CURTAINS AND BLINDS

Defense Strategy: Vacuum blinds and drapes regularly. Use a vacuum attachment like the Dyson flexi crevice tool to keep allergens at bay. It's specially designed to ensure you don't suck up delicate drapes when you vacuum. The Asthma Society of Canada also recommends keeping windows closed before 10 a.m., when pollen counts are higher.



5. PETS

Pets clean themselves by licking their fur and in doing so, deposit saliva containing allergens.



Defense Strategy: Before kicking Fido out of the house, try vacuuming regularly with an **asthma & allergy friendly™** certified vacuum. Choose a Dyson Animal model that has a Dyson mini-turbine head specifically designed to pick-up ground-in dirt and pet hair.

6. Found in almost any damp, humid place, moulds are a type of fungus and when they reproduce, they release spores into the air that can trigger asthma attacks and allergic reactions.

MOULDS

Defense Strategy: Vinegar is a natural disinfectant and a powerful and safe cleaning agent. Use a mixture of equal parts vinegar and water and spray on moldy walls. Let it soak for 20 minutes. Then rinse and let dry. If you find the smell of vinegar too harsh try adding 10-15 drops of your favourite essential oil per cup.



7. TILES AND GROUT



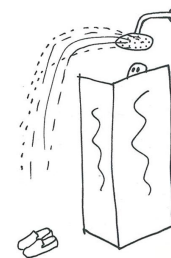
The grouting of your bathroom tiles can turn a nasty orange colour due to mould and mildew growing in the high humidity.

Defense Strategy: Make a paste from baking soda and water and scrub it onto the grout with an old toothbrush to return it to its original colour. Dyson microbiologists also suggest vacuuming dry grout every month or so to eliminate microscopic moulds and bacteria you can't see.

8. What goes down your drains can create both indoor and outdoor harmful allergen triggers — and can also affect the environment!

DRAINS

Defense Strategy: Pour vinegar down drains to clean them naturally. Let sit for about 30 minutes and flush with cold water.



9. TOILET CLEANERS

Toilet cleaners often contain strong chemicals like chlorine and hydrochloric acid which may irritate allergy and asthma sufferers.



Defense Strategy: Use vinegar instead. Pour undiluted vinegar around the inside rim and scrub. Thirsty? Dyson microbiologists also say treating your toilet to a cola can result in a sparkling clean bowl.

10. Damp bath mats attract dust mites and cause mould to grow.



Defense Strategy: Vacuum at least once a week to avoid allergen build-up. Better yet, get rid of bath mats altogether. The Asthma Society of Canada recommends removing all carpeting from humid areas like bathrooms and basements to reduce mould.

BATH MATS