



Allergy care for the family

## Bust That Dust

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For those with house dust allergy, try these dust-busting tips...

- Reduce the number of surfaces that attract dust... open bookshelves, curtains, throw-pillows, stuffed animals, and dried floral arrangements should be removed or meticulously cleaned frequently.
- Change air filters frequently, and/or invest in electrostatic filters. Install HEPA-type air cleaners in central living areas and bedrooms.
- Perform a quick daily damp-rag dusting of furniture, instead of weekly spray-dusting. The chemicals in these spray cleaners sometimes act as an irritant.
- Damp mop floors instead of dust-mopping.
- Invest in a dust-trapping vacuum if possible. If this is not practical, wear an aseptic filtering mask when vacuuming, and air out rooms for 30 minutes after vacuuming. Change bags and filters frequently.

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