



A Complete Guide To Create a Allergy Friendly Home

Abstract

This guide provides a comprehensive overview of creating an allergy-friendly home environment. It covers various aspects, including identifying common indoor allergens, making bedrooms allergy-friendly, maintaining clean air quality, managing allergens in the kitchen, and overall allergy-proofing of the home.

The guide aims to help readers understand the importance of creating an allergy-friendly home and provides practical tips and strategies to achieve this goal. Whether you suffer from allergies or want to create a healthier living space for your family, this guide offers valuable insights and actionable advice to create a more comfortable and allergen-free home.

Introduction

Creating an allergy-friendly home is essential for individuals who suffer from allergies. By taking proactive steps to minimize allergens in your living space, you can significantly reduce the risk of allergic reactions and improve your overall quality of life. One of the first steps in creating an allergy-friendly home is to identify common allergens such as dust mites, pet dander, mold, and pollen. Once you have identified these allergens, you can take steps to reduce or eliminate them from your home.

This may include regularly cleaning and vacuuming, using allergen-proof covers on pillows and mattresses, and keeping pets out of bedrooms and other areas where you spend a lot of time. Additionally, improving indoor air quality by using air purifiers and filters can help remove allergens from the air, making it easier for allergy sufferers to breathe.

Overall, creating an allergy-friendly home requires diligence and effort, but the benefits are well worth it for those who suffer from allergies.

1. Common Allergens in Your Home

An allergen is a substance that causes an allergic reaction. Some examples of common allergens are dust mites, cat dander, and pollen. Sometimes people can have severe allergic reactions to these substances that can lead to breathing problems (including serious asthma exacerbations) and even death. More often, they cause bothersome symptoms such as runny nose, congestion, and watery eyes.

Detecting The Allergen That's Making You Sick

There are two ways to detect an allergen that is making you sick: through skin-prick testing, considered by many experts and allergists to be the gold standard, and through immunoglobulin E (IgE) blood testing.

Skin-prick testing involves placing a series of drops of allergen extracts such as pollen, dander, and molds while simultaneously pricking those spots with a needle. Then, you'll wait 15 minutes to see if a reaction develops in comparison to a positive control (histamine) and a negative control (saline).

Specific IgE testing, (also called ImmunoCAP), can help your healthcare provider diagnose the allergens that are causing your symptoms.¹ IgE is an immunoglobulin, a protein that acts as part of our immune system, detecting foreign substances such as bacteria and allergens. IgE tends

to overreact in response to an allergen; this results in a detectable sensitization that can manifest as an allergy.



"Eighty percent of asthma and allergy care is given by primary care physicians and pediatricians. These doctors are overwhelmed by clinical guidelines," according to Dr. Robert Reinhardt, MD, associate professor at Michigan State University and senior director of medical and regulatory affairs and quality management at Phadia, U.S., Inc., Reinhardt says both of these types of tests are underused by physicians who are more likely to simply prescribe medications to treat allergy symptoms.

Asthma guidelines alone are over 400 pages. Education around guidelines is often provided to doctors by pharmaceutical companies so they become well versed in administering medications but not in other aspects of the guidelines," Dr. Reinhardt says. If you suspect you have allergies or asthma, you should consider being treated by an allergist or pulmonologist as the two disorders can be closely related, known as the asthma and allergy connection.

Don't be afraid to ask your doctor about these specific blood tests and if they could help with your treatment plan. Dr. Reinhardt recommends that patients become familiar with their lab results. "Patients should know their IgE levels the same way that diabetics know their blood sugar or some people know their cholesterol," he says. Once you've discovered what you are allergic to, you can start to eliminate it.

Removing the Allergen From Your Environment

Your healthcare provider should be able to assist you with methods for eliminating or reducing the amount of exposure to the allergen that triggers your symptoms. There are many options. You can also buy several types of commercially available products to test your home for common allergens and molds. However, these tests are very controversial because they are expensive and don't end up providing enough specific treatable information.

Keep the Bedroom an Allergy Safe Zone

According to Dr. Reinhardt, the most important place to get rid of allergens is in the bedroom. Most people spend six to 12 hours in the bedroom sleeping, so it is important to make this a "safe zone." But removing allergens is sometimes easier said than done.

Let's say you have a pet dander allergy. Depending on the severity of your symptoms, this might mean that you just need to keep your pet out of the bedroom, and you may need to regularly deep-clean the room thoroughly to get rid of residual pet dander, including all of your bedding. Vacuuming regularly, steam cleaning and dry cleaning may be necessary.

If these measures fail and you're really suffering, it may be necessary to find a new home. Let your healthcare provider be your guide.

Removing other allergens may be easier (at least emotionally, anyway): dust mites, for example, can be controlled by diligent cleaning, again, especially in the bedroom.³ This includes curtains, blinds, and washing all bedding in hot water frequently, followed by a hot dryer cycle.. Some sources recommend encasing your bedding in a plastic or rubber wrapping. It is also important to dehumidify your home, since dust mites thrive in humid environments.

Mold can be difficult to remove. Mold grows in moist areas, it may have grown in an area where you have had water damage from plumbing problems or flooding. Sometimes it grows because the air is so humid; again a dehumidifier may be helpful. The first step in removing mold is to make sure that everything is dried out.

For mold growth larger than 10 square feet, the Environmental Protection Agency (EPA) says homeowners should follow the guidelines for removing mold in their article on mold remediation in schools and commercial buildings.

A Word From Verywell

We have covered only some of the more common allergy/asthma triggers. Once you find out what your trigger is, you will need to talk with your healthcare provider and research ways to decrease exposure to the trigger and thereby improve your health.

2. Make Your Bedroom Allergy-Friendly

If your allergies act up when you're at home, your bedroom is probably one of your problem areas.

It's key to make the room less cozy to mold, dust mites, and other allergens that make you sneeze and snuffle.

1. Kick Dust Mites Out of Bed

These microscopic bugs can trigger allergies and asthma. They can often be found living in your bedding.

You can take some steps to get rid of them:

- Put dust-mite-proof covers on pillows, comforters, mattresses, and box springs.
- Wash your blankets, sheets, and pillowcases every week in water that is at least 130 F. Dry everything in a hot dryer.

2. Vacuum Regularly

Carpet is a popular place for dust mites. Consider replacing it in your bedroom with hardwood floors or linoleum and washable area rugs.

If you must have carpet in your bedroom:

- Choose the low-nap or low-pile kind, which holds fewer allergens.
- Clean it using a vacuum with a HEPA filter and a double bag every week. Wear a dust mask while you vacuum so you don't inhale dust that floats up into the air.
- Do housework during the day, not the evening, so dust has a couple of hours to settle before you go to sleep.

3. Use Light and Breezy Window Treatments

Say goodbye to dust catchers like blinds and heavy, dry-clean-only drapes. Try washable curtains and roller shades, instead.

Wipe window frames and glass regularly to prevent mold and mildew. Both can trigger upper respiratory symptoms if you have allergies or asthma.

4. Declutter Your Bedroom



Keep things simple to breathe better. Cut back on knickknacks and fabric. The less upholstery in the room, the better.

Move books, magazines, and decorative items to another room, so you can dust less often. Don't store things under your bed, and don't leave dirty clothes on the floor.

5. Protect Bedroom Air

Dust mites and mold like a warm, damp room, but you probably don't.

- When it's warm, use your air conditioner, even if you're tempted by the outdoor breeze.
- If you live in a sweaty-weather climate, use a dehumidifier to keep humidity at 30% to 50%.
- Turn down the heat or turn up the AC. Dust mites can't breed as well at temperatures below 77 F.
- Check carpeting for signs of mold or mildew, especially near windows. If you notice condensation on windows or window frames, try to find the cause. Find out how to deal with it so it doesn't lead to mold.
- Don't leave damp or sweaty clothes in the hamper. That's a perfect breeding ground for mold. Empty the hamper every day.
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You may want to try an air-filtration system that uses a small-particle or HEPA filter to keep the air in your bedroom cleaner. These filters work in central air conditioning and heating systems and in portable AC units.

6. Make Your Bedroom a Pet-Free Zone

Your pets may love to snuggle with you. But dander, saliva, and pee from furry animals can carry allergens. Plus, they can track mold and pollen from outside. Ideally, your dog or cat should sleep somewhere else. If not, do your best to reduce the danger. For example, vacuum more often.

7. Ban Roaches

These scurrying insects might make an appearance no matter where you live -- and they leave behind tiny droppings that can bring on symptoms for people with asthma, especially children. To keep roaches outside of your home:

- Seal cracks and crevices.
- Fix leaks in pipes and faucets.
- Try not to leave wet towels on the floor. Roaches thrive on water.
- Crumbs are a lure for cockroaches. Make bedrooms no-food zones.
- Store food in tightly sealed containers.
- Keep your dishes clean.
- Hire an exterminator if you need to.

3. Keeping The Air Clean And Healthy

You might often come across news stories about air pollution and its impacts on public health. But how frequently do you think about the quality of the air indoors?

While outdoor air pollution certainly poses a concern, it might be easy to forget that the quality of the air you breathe at home may be just as important.

According to the Environmental Protection Agency (EPA), levels of air pollutants indoors may not only be up to 100 times higher than outdoor air pollutants, they could also have a greater effect on your health.

The health impacts of indoor air pollution depend on the type of pollutant present in your air, but they can include:

- cancer
- pneumonia
- asthma
- allergic reactions
- heart disease
- low birth weight

People with respiratory or heart conditions, as well as young children and older adults, may also have a greater risk of developing some health concerns connected to low indoor air quality. Unexplained respiratory symptoms could offer a clue that it may be time to check the air quality in your living space. But other times, even pollutants with the potential to cause harm go completely undetected for years.

Taking steps to boost your indoor air quality can help you lower your risk of developing health conditions and may even improve your quality of life. We've got eight tips to get you started.

1. Cut down on pollutants



An important way to keep your indoor air clean involves learning about common sources of pollution and avoiding adding pollutants when you can.

Some common pollutants include:

- **Radon**

Radon, a natural radioactive gas, can seep up through cracks in the earth and build up in your home, leading to health problems including lung cancer. Home test kits offer a simple way to check for unsafe levels of radon in your home. If testing reveals high levels of radon in your air, you can typically reduce radon by sealing the foundation of your home so that the gas can't leak into your living space.

- **Secondhand smoke**

Secondhand smoke refers to exhaled cigarette smoke. Anyone exposed may have a higher risk of developing health concerns, including certain types of cancer. Thirdhand smoke, found on surfaces like clothes or furniture that absorb it, also poses a health risk.

The best way to keep second and thirdhand smoke out of your living space is to avoid smoking indoors. If possible, it could also be a good idea to minimize the habit, since the thirdhand smoke on your clothes may still affect your living space and air quality.

- **Formaldehyde**

Formaldehyde is a common volatile organic compound, or VOC — one of many harmful gasses sometimes emitted by common household items.

Commonly found in glues used in composite wood and many types of furniture, formaldehyde can seep into your indoor air. Too much exposure can cause respiratory issues, including bronchitis.

You can reduce formaldehyde's effects on air quality by:

- opting for used furniture instead of new — furniture tends to release lower amounts of formaldehyde over time
- choosing solid wood furniture over composite wood

- **Cleaning products**

Certain cleaning products contain harmful chemicals that may linger in your air, including:

- glass cleaners
- air fresheners
- bleach
- cleaning sprays

Choosing safer, nontoxic cleaning products can help you keep your home clean, without the excess pollutants contained in some standard cleaning products.

2. Test your air quality

If you're concerned about the air quality in your home but aren't sure what changes could help the most, a good place to start involves testing your air quality.

You can either choose the DIY route or call in a pro.

The method you choose can depend on your needs. Doing it yourself is often less expensive, but working with a professional will likely yield more extensive results and personalized info.

- **DIY air quality testing**

You can find a variety of air quality test kits online. Some kits allow you to check for multiple pollutants, while others test for just one, like radon.

Because many at-home test kits aren't comprehensive, it might make more sense to do at-home testing if you're only interested in checking for one or two particular pollutants. If you want a full panel of results, working with a pro may actually be more efficient in the long run.

Comprehensive at-home tests generally cost up to \$200, but you may need to spend more when checking for more pollutants.

- **Professional air quality testing**

Hiring a professional will likely cost more than using a test kit, but many professionals offer additional services to help you manage any sources of pollution found during the test. For example, pros who offer air quality testing may also specialize in mold prevention and removal.

2. Take steps to control allergens



You'll commonly find a host of allergens and irritants in many indoor spaces, including:

- dust

- mold
- pet dander
- dust mites

Keeping these allergens at bay will usually improve overall air quality in your home, not to mention reduce your chances of experiencing respiratory symptoms, including:

- runny nose
- watery eyes
- sore throat
- sneezing
- skin rashes
- itching

Managing allergens in your house requires both prevention and upkeep.

Preventative strategies for controlling allergens include:

- brushing and bathing your pet regularly
- washing bedding in hot water twice per month to eliminate dust mites
- choosing hypoallergenic pillows and impermeable mattresses to keep dust mites out

You can also remove allergens from indoor air by:

- vacuuming and dusting to keep pet dander, dust, and dust mites from accumulating
- washing mold off non permeable surfaces, like tiles and metal, using a bleach or soap solution
- removing and replacing carpet, wood, or drywall where mold is growing

4. Use an air purifier

Bringing an air purifier into your home is one effective way to keep your air cleaner. You may want to opt for an air purifier with a high efficiency particulate absorbing (HEPA) filter, since these tend to do the best job of removing harmful particles from the air.

HEPA filters may remove more than 99 percent of harmful particles from your air, in fact.

Air purifiers can't remove all types of pollution, so you may want to consider an air filter if you want to reduce:

- VOCs
- smoke
- mold spores
- excess carbon dioxide
- allergens like pet dander

An air purifier with a HEPA filter can even help remove flu virus particles from your air.

5. Improve ventilation

Keeping the air flowing in your home offers a simple (and potentially cost-free) way to improve your air quality. Opening windows and doors to let some outside air flow through is one way to do this — as long as the outdoor air is clean or low in pollen.

But air enters your house through vents as well as weak spots like tiny spaces around doors. While there's not as much you can do about the air that enters through these openings, it might help to make sure that the air channeling into your living space via vents isn't contributing to the problem.

This means:

- regularly changing out any filters in your home heating and cooling systems
- making sure any air ducts in your home are clean and unobstructed, since dust can build up over time
- checking the filters in appliances that bring air into your home and changing them according to the manufacturer's instructions

6. Reduce dampness



Dampness in indoor spaces can lead to many health hazards, including mold growth. Dampness and high humidity may also cause VOCs to leach into your air.

Damp indoor environments can result from a variety of factors, including:

- humid climates
- leaky pipes or roofs
- areas with pooling water
- low ventilation in areas with a lot of steam, like bathrooms and kitchens

Damp conditions can lead to many respiratory symptoms, including coughing, wheezing, and asthma attacks.

You can reduce dampness in your living area by:

- using a dehumidifier
- turning on a fan or opening a window when you shower or cook
- finding and eliminating areas of pooling water or moisture in your home

7. Check on your heating systems

Some heating systems can also have a big impact on air quality.

Wood-burning stoves and fireplaces can release high amounts of harmful particles into your indoor air that may increase your risk of developing long-term health conditions like lung cancer. Other potentially higher-risk heating options include heating systems with older furnaces and gas-fueled heating appliances.

Gas-powered heating systems have the potential to release more carbon monoxide, an odorless gas that can cause suffocation and death, into your air. Some experts recommend using direct vent gas appliances, which keep the gas from mingling with your indoor air. Solar and electric heating options could keep your indoor air much cleaner than other heating systems. If you have the option, these are usually your best bets for cleaner air.

8. Use indoor plants effectively

People commonly recommend using houseplants to help cleanse the air in your home. Research on this remains contradictory, though.

A 2017 research review found house plants could help reduce specific indoor air pollutants, including VOCs and fine particles, but the results of many of the studies differed when it came to how much of an impact indoor plants really have suggest the ventilation already present in most buildings does far more to remove VOCs from the air than indoor plants.

Indoor plants might even contribute to more problems than they solve if they become a source of mold or trigger your allergies.

Another factor to consider is the type of plant. When it comes to removing pollutants, not all plants are equal.

Plants recognized as more effective at keeping indoor air clean include:

- Dracaena, a popular genus of houseplant that often has sword-shaped leaves that come in many colors
- Spathiphyllum, also known as peace lily
- Hedera helix, or common ivy

Of course, indoor plants can still offer plenty of benefits.

A variety of factors can impact the air quality in your living space, and they can contribute to a range of short- and long-term health effects.

Testing your indoor air quality can bring some peace of mind if you're worried about indoor air pollution. From there, taking steps to prevent and reduce specific problem pollutants can help you maximize the quality of the air in your home and minimize any associated health risks.

4. How To Prevent Allergic Reactions In The Kitchen

Avoiding Cross-Contact In Your Kitchen

Foods that cause allergic reactions are called allergens. Allergic reactions usually occur within a few minutes to hours after your child eats a food to which they are allergic.

Precautions You Can Take to Help Prevent Allergic Reactions

Cross-contact occurs when a food allergen comes in contact with food or an item not intended to contain that allergen. Small amounts of allergens may cause allergic reactions.

Sometimes cross-contact can occur when you are preparing food in your home. There are several steps you can take to help prevent food mix-ups and accidental cross-contact.

Label Foods in Your Home as “Safe” or “Not Safe”



To ensure everyone (including your children, visitors, babysitters, etc.) can easily find foods that are “safe” for your child with food allergies, label the food in your pantry, refrigerator and freezer. One way to do this is to use red and green circle-shaped stickers. You can buy these types of stickers or make your own. The red stickers are for the foods your child cannot eat and the green stickers are for the foods they can eat (“red” means “stop” and “green” means “go”). Apply these stickers to every food item in your house.

Avoid Pantry Mix-Ups

If you have both “safe” and “unsafe” versions of similar items (like soy milk and cow’s milk) in your home, do not store these products next to each other. Designate particular shelves or cabinets for storing the “safe” foods. Avoid purchasing items that look similar to each other, or place one similar item in a special container.

Avoid Sippy Cup Mix-Ups

If your toddler is allergic to milk, buy a “special” sippy cup to use both at home and away from home. This cup is never used for anyone else. Put your child’s name on it. Having a special cup that is always used ensures that your child doesn’t grab the wrong cup by mistake.

Prevent Cross-Contact While Preparing Food

If you keep both “safe” and “unsafe” foods in your household, take steps prevent cross-contact:

- Teach everyone to wash their hands with soap and water before touching safe foods. This is good hygiene and reduces that chance of cross-contact if they have food residue on their hands.
- Do not allow allergen-covered utensils to touch your “safe” foods. For example, if a knife used on butter gets inserted into a jar of jam, the jam now has milk proteins from the butter in it. If you spread butter on wheat bread toast and then dip your knife into the butter again, the butter may now contain small amounts of wheat.
- Teach everyone to clean all surfaces before and after preparing food. Countertops could have small amounts of allergens on them. Food prepared on an unclean countertop can result in cross-contact with allergens.
- If you are preparing both “safe” and “unsafe” food for the same meal, prepare the safe meal first.
- Do not use the same utensils to prepare food for your child with food allergies and for other people who eat foods with their allergens.
- Place utensils, plates, and cutting boards directly into the sink or the dishwasher immediately after use.
- If you use a grill or griddle, be sure to fully clean them before cooking for your child. Consider using foil or a clean pan to prepare foods for your child.

Take Care to Wash Dishes

Wash pans, utensils, and dishes in hot, sudsy water before using them to prepare food for someone with food allergies. Rinse off dirty dishes and utensils before loading them into your dishwasher.

Reduce the Chance of Allergens in Other Areas of Your Home

Teach all members of your household to always wash their hands with soap and water immediately after touching or eating allergens. Consider having all members of the household eat food only in the kitchen and dining areas. This can limit food to areas that are easier to clean.

5. Allergy-Proofing Your Home

Making your home inhospitable to allergens sounds like a daunting task. In a particular sense, it’s going to be you against millions of mold spores, dust mites and pollen. Fortunately, you’re

smarter than these minute microbes, and following these tips can help you to keep allergies at bay.

1. Clear the air. A well-ventilated house and non-leaking ductwork is a first line of defense against bringing allergens into your living space.

- Use HEPA (high-efficiency particulate air) filters in the air-conditioning system.
- Maintain the humidity level in the house at about 50 percent. Mold likes moisture, and dust and pollen are easily stirred in dry air. As most dehumidifiers are designed to treat one room, use them to target bathrooms, the kitchen and the basement first. Look for large-capacity units that work faster and more efficiently. Also look for units with washable filters, quiet operation and sturdy wheels. Empty and clean them regularly or you'll grow more mold than you destroy.
- Keep your windows closed when pollen counts are highest: in the early-morning hours, from 10 a.m. to 3 p.m., and in windy conditions.
- Pollen and mold spores settle on clothing, so when you come in from outside, remove your outer garments in the mudroom and take a shower.

2. Clean up clutter. The less stuff in your house, the fewer places for allergens to hang out. And just as important, the easier it will be to clean thoroughly once a week.

- Get rid of old rags, newspapers, clothes and other porous items.
- Limit knickknacks, magazines, and other dust-catchers that you don't use or enjoy.
- Focus on bedrooms especially, because you and allergens both spend the most time there.

3. Clean the cleaning room. Your bathroom is for mold what your bedroom is for dust mites: heaven at home.



- Inspect water pipes for leaks and fix.
- Regularly clean walls with a nontoxic cleaner.

- Make sure ventilation fans are routed to the outside, and run them for 30 minutes after a shower or bath.
- Scrub away mold on pipes and fixtures.

4. Reduce dust generators. Fabrics and carpeting add to the dust in your home through the breaking down of fibers. Consider pitching curtains, high-pile carpeting and upholstered furniture in the bedroom?all cozy accommodations for allergens.

- Best bet: washable throw rugs on top of wood, linoleum or tiled floors.
- Damp-mop regularly, and clean walls and other surfaces.
- If you must have carpeting, make it short, tight pile, and vacuum weekly with a cleaner that has a small-particle or HEPA filter.

5. Make smart plant and tree selections. The yellow, sticky pollen that bees carry from plant to plant rarely causes allergic reactions. It's the fine, lightweight particles that are blown about by wind that trigger discomfort.

- Avoid adding allergenic trees such as male maple, birch and ash to the landscape. Instead, choose low-allergy trees such as dogwood, double-flowered cherry and magnolia. Female ash and maple trees are considered low-allergy, too, but buy from a reliable nursery source to be sure of a trees' gender.
- When you bring your plants in to overwinter, their mold spore friends are coming along, so limit yourself to a few houseplants, and don't overwater them. And get rid of terrariums and large potted plants. Low-allergy flowers include astilbe, impatiens, hosta, scabiosa, columbine and viola.

6. Get tough on pet dander. Pet (and rodent) dander is lighter than most other allergens, so it floats in the air longer and gets stirred up more easily. Mechanical air-filtering machines can help by fan-forcing air through a HEPA filter. Air-filtering devices are heavily marketed, often with bogus claims, so select a unit certified by an independent lab.

- Make sure the ozone byproduct of the fan is within acceptable levels.
- Match the unit's capacity to the size of the room you'll use it in.
- Opt for single-room units, which are considered to be more effective than whole-house units.
- Go for an easy-to-change, inexpensive filter that doesn't need frequent replacement.
- Make sure the unit operates quietly or you won't use it.
- Many allergy experts recommend avoiding ion- and ozone-type air cleaners.

How To Create An Allergy-Free Home With Expert Cleaning

Creating an allergy-friendly home is essential for individuals who suffer from allergies. By taking proactive steps to minimize allergens in your living space, you can significantly reduce the risk of allergic reactions and improve your overall quality of life. One of the first steps in creating an allergy-friendly home is to identify common allergens such as dust mites, pet dander, mold, and

pollen. Once you have identified these allergens, you can take steps to reduce or eliminate them from your home.

Allergies are among the most common ailments, plaguing thousands of Australians. Usually, allergies are manageable but certain seasons can aggravate them. Additionally, your household environment plays a vital role in causing allergic reactions.

Therefore, while you cannot control environmental factors, you can reduce flare up at home by keeping it clean and sanitary. Homes without routine cleaning gather dust, pollen, pet hair, bacteria, and other elements that aggravate allergies. You can hire a professional service for deep cleaning your home regularly or end of lease cleaning in Canberra.

However, use this guide to create an allergy-free home with expert cleaning, to keep flare-ups at bay at all times.

Get A Good Vacuum Cleaner



If you haven't already, invest in a high-end Hoover with HEPA filters to clean your carpets, upholstery, curtains and other parts of your home that could collect dust, dust mites, pet hair, pollen, etc. Make it a habit to vacuum your home once a week to avoid the buildup of allergens and toxins. Professionals who perform end of lease cleaning in Canberra know how to properly remove contaminants from any surface by vacuuming with slow, deliberate strokes in the shape of a 'W' and you should do the same.

Use Microfiber Products For Dusting And Wiping

Don't use a feather or fluffy dusting tool if you have allergies because they may spread dust and pollutants in the air causing more problems for allergy sufferers. Instead, get microfiber products like dusters, cloths, mops, and wipes that effectively trap dust, dirt, debris and even bacteria in their fibres. It will help ease your allergies. The asterisk pattern of the fibres allows them to remove contaminants from surfaces and objects without polluting the indoor air. Even professionals who perform end of lease cleaning in Canberra use these products for effective and efficient cleaning, which is why if you want to sanitise your home like a pro use these anti-microbial products.

Prevent Mould Growth

To stop the growth of mould, make sure your bathroom, kitchen and basement are properly ventilated and dry. They are among the dirtiest places in your home and need extra attention. The fungi's spores are often airborne and land on moist surfaces or objects to reproduce. Your allergies may frequently worsen if you have mould in your home. Therefore, constantly check your home for mould stains that a solution of water, and dish soap can readily remove. If the infestation is severe, you should seek the help of mould treatment specialists, which you can do by hiring a reputable company for end of lease cleaning in Canberra.

Wear Personal Protective Equipment (PPE)

While cleaning your home, it is necessary to wear personal protective equipment like masks, goggles, and gloves to prevent aggravating your allergies. The PPE will ensure dust, debris, and pollutants don't enter your body through the nose or eyes. In addition, they will help keep your skin from getting irritated if you have reactions to certain cleaning ingredients or chemicals.

Take Assistance Of Professionals

Deep cleaning the house might not be practical for people with severe allergy symptoms because they might experience responses and flare-ups. If you belong to this group, you might want to think about getting professional help. Booking them would be especially advantageous if you're a tenant who needs to perform professional end of lease cleaning in Canberra because the pros can handle it and your health won't be at risk. Canberra's skilled end-of-tenancy cleaners are equipped with the proper equipment and supplies to carry out comprehensive cleanings quickly and effectively. You can inform the professionals of your allergies and ask them to sanitise your home with gentle, safe materials.

Wash Beddings And Laundry Regularly

Bedrooms are often forgotten during routine cleaning. Thus, make it a habit to wash fabric covers and bedding once a week to keep them free of the dust mites that most frequently make allergies worse. By properly removing the dead skin cells that these insects feed on and killing the mites that live there, these things will be thoroughly cleaned. Additionally, make an effort to wash one load of laundry every day to stop dust, debris, dander, dead skin cells, and other pollutants from polluting the air in your home.

Get An Air Purifier And Steam Cleaner

Get an air purifier for your home to help eliminate allergens like dust, pollen, dander, dust mites, etc. by utilising contemporary technology. Having an allergen remover in your home will be

beneficial since it will get rid of the allergens that act as catalysts for your body to manufacture LGE, the anti-allergy antibody.



Additionally, invest in a steam cleaner to sanitise your house without the use of harsh chemicals or other things that could cause allergic reactions. Mould spores, dust mites, germs, viruses, and other microbes that are the main causes of allergies, asthma, and other respiratory issues can all be successfully eliminated by steam when they come into touch with one another.

Wrapping Up

Allergies can cause a lot of pain and unpleasantness to sufferers. Therefore, it is crucial you have a clean home to avoid allergy flare-ups. Use the tips above to keep your home free of dust, dirt and other allergens. However, don't hesitate to seek professional assistance.

Transform your home into an allergy-friendly sanctuary with these expert tips, ensuring a healthier and more comfortable living space for you and your loved ones.

Bottom Line

In conclusion, this complete guide provides essential strategies for creating an allergy-friendly home. By identifying and minimizing common household allergens, such as dust mites and pet dander, and implementing practices like regular cleaning routines and proper ventilation, you can significantly reduce allergens in your living space. Choosing hypoallergenic bedding and furniture, using air purifiers, and creating pet-free zones are additional steps to consider. With these measures, you can create a healthier indoor environment that supports better respiratory health and overall well-being for you and your family.

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