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# ESSENTIAL GUIDE TO ALLERGY- PROOFING YOUR HOME

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# **ABSTRACT**

With allergy season upon us, you may be one of the 50 million who experience allergy symptoms. When your allergies act up, you could suffer from symptoms ranging from itchy eyes and a runny nose to more severe reactions like difficulty breathing or chest tightness that may require medical treatment.

# **INTRODUCTION**

Read on to learn how to remove allergens from each room of your house and prevent them from coming back in, or download our printable chore chart to hang on your refrigerator or in a cleaning closet to ensure you never miss an allergy-proofing chore. If you're interested in ways to make cleaning fun for the whole family, skip to our printables with creative, kid-friendly cleaning activities.

## **I. How Do Allergies Work?**

Allergies work by triggering the immune system in response to an allergen. Allergens are substances the body mistakes as dangerous. As a result, the body makes antibodies to fight them.

The production of antibodies results in allergy symptoms, like runny nose, itchy eyes, cough, and hives. The most severe allergic reaction is anaphylaxis. This reaction is a life-threatening medical emergency that can cause a person to collapse or stop breathing.



This article explains how allergies develop and what happens in the body when a reaction is life-threatening.

### The Process

Allergies happen when your body incorrectly responds to an allergen. Your immune system produces antibodies, and when triggered, the antibodies cause the release of histamines.

### An Allergen Enters Your Body

For people with allergies, their immune system recognizes allergens as harmful. Depending on the source, allergens may enter your body through your respiratory system, digestive tract, or skin.

Common allergens include:

- Pollen
- Pet dander
- Dust
- Mold and mildew
- Food
- Medication
- Latex
- Insect bites and stings

When you have allergies and allergens enter your body, your body responds by attacking the substance.

### What Is Causing My Runny Nose?

#### Antibodies (Immunoglobulin) Are Produced

These antibodies are specific to a particular allergen. That means you may be allergic to one type of pollen but not another.



#### Immunoglobulin

Immunoglobulins are antibodies that B-cells produce. The body has five types of immunoglobulins, including IgE, which is responsible for the allergic response.

Once your body makes an antibody to an allergen, you'll likely continue to have reactions to that allergen the next time you come in contact with it.

#### Histamines Are Released

Certain immune cells release histamine when exposed to an allergen. These histamines cause the symptoms you experience, like itchy eyes, scratchy throat, runny nose, and cough.

Antihistamines are medications that block histamines and, thus, reduce your allergy symptoms. Most antihistamines are available over the counter (OTC), without a prescription. There are also some forms available by prescription only.

#### How Allergies Are Diagnosed

#### Histamine Toxicity



Histamine toxicity (also called scombroid poisoning) is different from histamine intolerance and allergies. Histamine toxicity is caused by eating spoiled fish. The primary toxic agent is histidine, which breaks down into histamine. Symptoms occur quickly, usually within an hour of eating fish. They include:

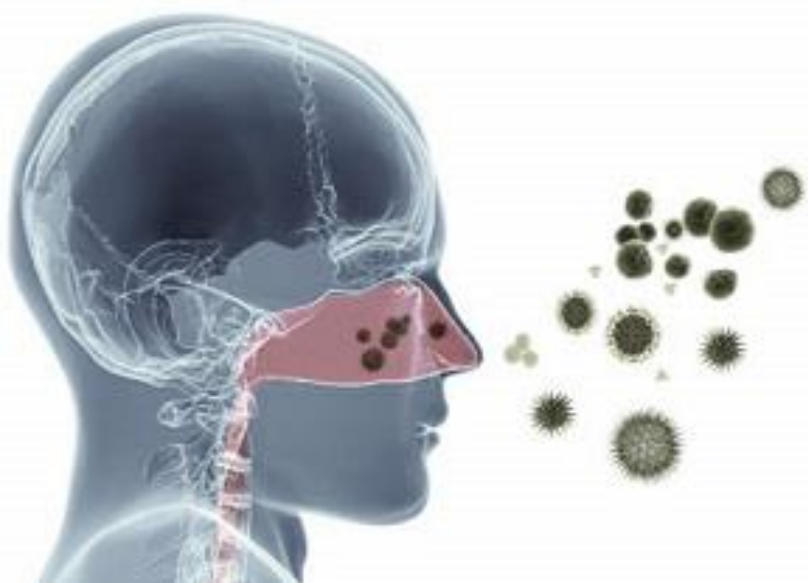
- Rash
- Flushing
- Headache
- Diarrhea

Symptoms often improve quickly after treatment with antihistamines.

## What Are Respiratory Allergies?

### Anaphylaxis

Anaphylaxis is a severe, life-threatening allergic reaction that affects multiple systems of the body. In adults, it usually results from insect bites or stings and medications.



Symptoms of anaphylaxis come on fast and include:

- Itching
- Rash
- Swollen throat
- Loss of consciousness
- Hoarse voice
- Difficulty swallowing
- Wheezing
- Shortness of breath
- Vomiting
- Diarrhea

- Sense of panic

## What to Do

If you notice signs of anaphylaxis, it's crucial to seek medical attention immediately. Anaphylaxis is a life-threatening emergency. So, it's appropriate to call 911 if you or someone you're with are experiencing symptoms.

If you have a history of severe allergic reactions, your healthcare provider will likely prescribe epinephrine (commonly called an EpiPen) for you to keep on hand.

This medication is a form of adrenaline. It alleviates the symptoms of anaphylaxis by relaxing the smooth muscles in the bronchi in the lungs. This process helps you breathe again. It can also treat anaphylactic shock and symptoms before they progress to anaphylactic shock.

## Morning Allergies: Causes, Symptoms, Prevention, and Treatment

### When to Talk to Your Healthcare Provider

Allergies can range from a minor nuisance to a life-threatening reaction, so how you cope with allergies will depend on how severe your allergies are. If your allergies are only mildly bothersome, you may be able to manage them by avoiding allergens and taking OTC antihistamines.

On the other hand, you may want to see a healthcare professional if:

- Your allergies disrupt your life.
- It is unclear what allergens are affecting you.
- You have symptoms of a more severe allergic reaction.

An allergic reaction occurs when you come in contact with an allergen. Your immune system produces antibodies, and when triggered, the antibodies cause the release of histamines and other mediators.

Once your body makes an antibody to an allergen, you'll likely continue to have reactions to that allergen the next time you come in contact with it. Symptoms can be more or less severe in future episodes and are not always the same as the initial episode.

If your allergies are only mildly bothersome, you may be able to manage them by avoiding allergens and taking OTC antihistamines.

Anaphylaxis is a severe, life-threatening allergic reaction that affects multiple systems of the body. In adults, it usually results from insect bites or stings and medications. If you notice signs of anaphylaxis, it's crucial to seek medical attention immediately.

If you have allergies, understanding how they work can help you avoid or limit your exposure and manage your symptoms. Often, people with allergies find relief from

antihistamines. However, if avoiding allergens and OTC treatments aren't helping, you may benefit from a visit to your healthcare provider. They'll be able to diagnose your allergies and develop a treatment plan.

## II. Allergies: 10 ways to make your home allergy friendly

Are you an allergy sufferer looking for tools to make your home more allergy friendly? Find practical advice and information on ways to prepare your home for allergy season and beyond



Looking for easy and effective ways to prepare your home for allergy season? Maybe you suffer from spring allergies? Or perhaps you want to make your home as allergy-free as possible?

We've pulled together a list of handy tips, tricks and buys that cover everything from reducing allergens in the home to avoiding them in the first place. There are tons more cleaning buys, tricks and hacks suitable for allergy-sufferers on our hub page, too.

### Seasonal allergy symptoms: what are they?

- Difficulty breathing
  - Tight chest
  - Wheezing
  - Sneezing
  - Runny nose
  - Nasal congestion
  - Itchy, watery eyes
  - Itchy throat or mouth
  - Coughing
- **High pollen count forecast? Stay indoors**, especially earlier in the day, when pollen counts are higher.

- **Close the windows.**
- **Use an air purifier with a HEPA filter** (more on this below) in the house.
- **Vacuum and dust the house thoroughly** once a week, ensuring you tackle not just floors but furniture, soft furnishings and curtains, too.
- **Choose hard flooring and shutters or blinds** instead of carpets and fabric-heavy window dressings, which dust, pollen and dander will cling to.
- **Use a vacuum for pet hair** (more on this below) for a dust-free, pollen-free, pet dander-free home.
- **Don't wear clothes more than a day in a row** – like hair and bodies, they collect pollen, dander and dust.
- **Don't dry clothes outdoors:** ditto.
- **Take a shower before bed** to get rid of any pollen or dust you've collected on your hair and body during the day.

### 1. Pollen allergy symptoms? Invest in an air purifier for your home

Designed to dramatically reduce the impact of indoor air pollutants, allergens and bacteria, investing in an air purifier is one of the easiest ways to actively tackle the presence of allergens in your home.

The Vax Pure Air 300 uses smart sensor technology to monitor the air quality in your home, ultimately removing 99 per cent of potential harmful airborne allergens from the air stream. Trapping dust and pollen particles present in the air, it's a game changer for those suffering with the effects of allergies and asthma and has received overwhelmingly positive feedback from users.





## 2. Pollen allergy symptoms in the car? Buy a portable air purifier

If you've already experienced the positive benefits of an air-purifier in your home, you might also consider investing in a portable version for your car. This way, you can reduce the effects of allergens when you're on the go, too.

The HiGiong Car Air Purifier achieves everything a usual air purifier would, but is a fraction of the size and can be charged via USB.

Looking for something a little more natural? Try the Moso Natural Air Purifying Bag, available from Amazon, which uses the natural purifying properties of charcoal to remove odours, allergens and other pollutants from the air.

## 3. Dust allergy symptoms? Spring clean your home (year round)

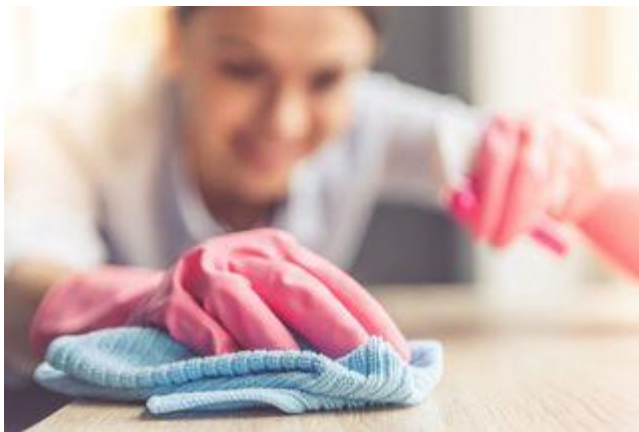
The most important thing to do when preparing your home for allergy season (and beyond) is to: 1) embark on a mammoth spring clean and 2) stick to a thorough weekly cleaning regime, paying particular attention to areas that gather dust, pollen, pet dander or which are prone to supporting the growth of mould and mildew.

That means knowing how to clean carpets, mattresses, pet beds, upholstery and window dressings in particular, but look out for mould in bathrooms and damp rooms,

too. Follow our guides below to get the job done fast and thoroughly (but with the least possible effort):

- How to clean upholstery: cleaning sofas, chairs and headboards
- How to clean blinds and shutters
- How to clean a mattress
- How to clean carpets
- How to clean up after dogs
- How to clean up after cats
- How to get rid of dust mites
- How to get rid of mould and mildew

We'd recommend using a specialist mould spray (check our best mould sprays guide, but the Astonish Mould and Mildew Remover comes highly recommended), or white vinegar to attack areas where mould is prevalent. Vinegar is something of a wonder ingredient when it comes to allergy-free cleaning of the home. Discover more ways to use vinegar to clean your home in our guide.



#### 4. Allergic to cleaning products? Use non-toxic cleaning materials

As we said above, ensuring your home is clean is generally one of the easiest ways to prepare – and maintain – a home during allergy season. However, if you're an allergy sufferer, you might want to avoid chemical cleaning products in your home, which could be further irritating your senses and worsening your symptoms.

Opting for non-toxic cleaning materials can lessen these effects, making allergy season more bearable. Check out our spring cleaning hacks that don't use cleaning products; otherwise, we'd recommend Ecover's Zero Range, which is two non-toxic, plant based and formulated with allergies and sensitive skin in mind.



### 5. Buy a vacuum for pet hair with a HEPA filter

If you love your pet, but you're sensitive to pet hair, or find that it gets to you more during the allergy season, it's worth investing in a specialist vacuum for pet hair, which is designed to ensure your home remains dander-free.

The Dyson Light Ball Animal Upright Vacuum Cleaner is our favourite model for tackling pet hair, and is designed to work equally effectively on carpet as it is on hard flooring. For more information on finding the best model for your home and budget, browse our pick of the best vacuums for pet hair.

### 6. Dust mite allergy? Exchange your bedding for hypo-allergenic alternatives

Exchanging regular bedding for hypo-allergenic alternatives is another easy way to prepare your home for allergy season. But, how does it work?

This type of bedding works by both repelling and containing allergens, meaning they can't be dispersed and trigger allergies. It tends to be made from fabrics such as wool, which create a cool, dry environment that allergens can't survive in. If you regularly suffer allergy-triggered symptoms during the night, this could be the option for you.

The anti-allergy bedding available from Soak & Sleep comes highly recommended for those looking for an affordable bedding solution. Use our guide to find out how to get rid of dust mites for extra tips, too.



### 7. Pet allergy symptoms? Check if your washing machine has an allergen cycle

Replacing your washing machine? Swapping a regular washing machine for one with an allergy cycle is another way to reduce the presence of allergens in your home. Check your current washing machine – it may have one already.

How does it work? Washing machines with an allergen cycle have an extra rinse cycle, during which the time and temperature is adjusted to remove pet dander and dust mites. It's recommended that you opt for an Allergy UK approved machine, which uses high temperatures to eliminate up to 99.9 per cent of major allergens from your clothing.

Failing that, washing laundry at high temperatures can help kill dust mites. Read our guide to getting rid of dust mites for more – and find out how to do laundry (and don't miss our favourite laundry hacks) for more.



## 8. Exchange flooring for an anti-allergen alternative

Some forms of flooring provide the perfect breeding ground for allergens to thrive, so if you really suffer during allergy season it might be worth considering exchanging what you currently have for something a little more allergy-proof. It's worth considering the following when opting for an allergy-proof flooring:

- Tiles are a great option for the homes of allergy sufferers, as dust mites, pollen, mould and other allergens cannot penetrate their surface texture. Tiles can also be steam cleaned for higher degrees of hygiene. Use our guide to buy the best steam cleaner for your home.
- Hardwood flooring is easy to keep clean, with research suggesting that it's highly resistant to mould, dust and other allergens.
- Carpet is something of a breeding ground for allergens. But, if you're set on having something soft underfoot, you might consider opting for a low pile carpet, which is easier to clean and less likely to harbour allergens. Use a vacuum cleaner with a HEPA filter and use a carpet cleaning machine from our pick of the best to thoroughly clean your carpet (once a month if you have pets).
- Laminate flooring is an allergy-friendly option that gives the appearance of real wood, but for a fraction of the price.



### 9. Decorate with allergy certified paints

If you've never thought about how the paint present in your home might be affecting you allergy-wise, this allergy season might be the time to do so. The vast majority of paints available on the market contain chemicals that make living with allergies or asthma more difficult. With this in mind, opting to redecorate with an allergy certified VOC-free paint might be another easy way to prepare for allergy season.

Having recently launched their Breatheasy Range, Crown have demonstrated a commitment to easing the struggles of those living with asthmas and allergies; improving the indoor air environment and creating healthier (and happier) homes. There is a wide range of colours and finishes available, meaning you don't have to worry about allergies holding you back.





### **III. 10 Home Remedies for Your Child's Seasonal Allergies**

Does your child have a runny nose, sneezing, and itchy eyes? They might be dealing with seasonal allergies, which are also known as allergic rhinitis or hay fever.



Allergies happen when your immune system overreacts to a certain trigger, such as pollen from weeds, grasses, or trees. As a result, the body makes antibodies and histamine, which are released into the bloodstream to fight off the foreign substances. This starts an inflammatory reaction that causes common allergy symptoms that might include:

- Sneezing
- Sore throat
- Congestion
- Runny nose
- Itchy eyes
- Postnasal drip
- Coughing

Anyone can experience allergies, but they generally start after age 3, peak in late childhood or the teen years, and subside in adulthood.

Medications such as antihistamines and steroid nasal sprays can provide relief for kids, but some natural DIY methods may also be worth a shot. Here are some of the best home remedies for seasonal allergies to try yourself.

### Avoid Allergy Triggers

Doctors say that if your child is prone to seasonal allergies, the best way to treat symptoms is to avoid the allergens in the first place. Keep updated on the pollen counts in your area and act accordingly.

For example, if you know that ragweed is your child's allergy trigger, limit the time they spend outdoors on the days when that particular pollen count is highest. It may seem cruel to make your children come inside when the weather is gorgeous, but this strategy really helps, experts say.

### Allergy-Proof Your House

Keep your windows closed, especially when warm, dry conditions make it easier for pollen to travel on the breeze. Be sure to put a clean filter in the air conditioning system at the start of the season and replace it every two to three months.<sup>4</sup> Many allergens thrive in moist environments, so use a dehumidifier to lower your home's humidity level. You might also consider buying a portable high-efficiency particulate air (HEPA) filter.

### Reduce Pollen Cling

Like fine household dust, pollen clings to clothes, skin, and just about anything else it lands on. (Oak pollen, for example, forms a yellowish powder that you may notice dusting parked cars in springtime.) To keep it off your child, avoid hanging clothes, towels, or sheets outside to dry. When your child comes inside, use a damp washcloth to wipe their face, especially around their eyes.

Just before bedtime, have your child take a bath or a shower. Otherwise, they'll go to bed with a head full of pollen, which they'll react to all night long, says Robert Wood, MD, director of pediatric allergy clinics at Johns Hopkins University Hospital, in Baltimore.

### Protect Your Kid's Eyes

Itchy, red, teary eyes are one of the most aggravating symptoms of allergies. The itch stems from inflammation of the mucous membrane covering the whites of the eyes and inner eyelids.<sup>5</sup> The fix: Keep pollen away from your child's face. Edith Schussler, MD., a pediatric allergist at Weill Cornell Medicine, advises wearing sunglasses and a hat with a brim. Kids touch their faces all the time, but with these accessories on, they'll be less likely to rub their eyes.



### Try a Saline Solution

Older children might want to try nasal irrigation using a saline solution, either from the drugstore or homemade (most instructions call for mixing distilled or boiled water with non-iodized salt).<sup>6</sup> This flushes out mucus to relieve nasal congestion. Neti pots can also work wonders for combatting congestion.

### Eat Allergy-Reducing Foods

Any foods that naturally produce high quantities of vitamin C, zinc, vitamin D, antioxidants, and other helpful vitamins and minerals can boost the immune system, which makes them good candidates for fighting nasal allergies. Here are a few to try.

Blueberries and raspberries. These contain vitamin C and flavonoids, which may mitigate some of the histamine response for allergies in children, according to Jack Maypole, MD, pediatrician and associate professor at Boston University School of Medicine.

"While organic is best, well-washed conventionally grown versions of these fruits are a great and healthy addition," he says. Elena Klimenko, MD, a specialist in integrative medicine, agrees. "Try a serving of 3/4 cup once or twice a day," she suggests. Mash ripe berries well for tots who are still learning to handle solids.

Apples. Apples also have vitamin C and flavonoids, including quercetin, which can act as a mast cell stabilizing agent. "Mast cells are important mediators of allergy because they release histamine," explains Corinna Bowser, MD, an allergist at Bryn Mawr Medical Specialists Association. Because chunks of raw fruit can be a choking hazard for kids younger than 4, it's best to peel and grate apples when serving. You could also bake them at 400 degrees F until softened.



Onions: The antioxidant quercetin is also found in this veggie,<sup>7</sup> though you may find onions to be a tougher sell to your kid. If that's the case, this bulbous root, also known as *allium cepa*, can be consumed in pellet form, says D. Klimenko. It's safe for kids over 2 years of age (follow the instructions on the package).



Honey. This sweet treat gets mixed reviews when it comes to easing nasal allergies, but it may be worth a shot. "The thought behind it is that bees collect pollen and pollen is behind allergies, so if you eat honey regularly the body might get used to the allergen and not make the [allergy] response," says Dr. Bowser.

The problem with this theory is that the pollen that causes allergic rhinitis, asthma, and allergic conjunctivitis is only from wind-pollinated plants, and honey doesn't contain a significant amount of pollen allergen—it's mainly a sugar and allergens are mostly proteins.

But Dr. Klimenko recommends local bee pollen. "Buy it seasonally and start with one to two granules, working up to a teaspoon a day," she notes. But don't give honey to a baby under 1 year because of the risk of infant botulism, a serious gastrointestinal condition.

Spicy foods. If your child will try them, dishes made with cayenne pepper, fresh ginger, and fenugreek, as well as onions and garlic, may help thin mucus and open up nasal passages. "The capsaicin found in spicy foods, including red peppers, may work by desensitizing nasal nerve fibers," says Dr. Bowser.

### When to Seek Medical Treatment for Allergies

Are your child's symptoms not letting up? Talk with a doctor, who may be able to diagnose allergies by examining your child and reviewing their medical history. In some cases, the doctor may order blood or skin tests to make a diagnosis.

Various allergy medications can safely and effectively relieve your child's symptoms. For example, some antihistamines block the immune system from releasing histamine into the blood, stopping allergic reactions before they start or slowing them down once they have begun. Steroids work to decrease the inflammation caused by the immune reaction; these can be in the form of nasal sprays, eye drops, and pills or liquids taken orally.<sup>8</sup>

Allergy shots, the injection of tiny doses of an allergen, are helpful for some patients; they work by producing antibodies against the allergen, preventing severe allergic reactions in the future.

## **IV. 10 Cleaning Tips For Allergy And Asthma Sufferers**

Did you know that around 2.7 million Aussies had asthma in 2020-21? Allergies are one of the fastest-growing chronic diseases in Australia. According to experts, indoor air pollutants are the major contributors to worsening allergy and asthma symptoms.

People with asthma and allergies are usually prone to dust particles, mites, pet hair, pollen, mould, and mildew. Thus, cleaning a home becomes mandatory to ensure a healthy and hygienic indoor environment for asthma sufferers. Though housekeeping chores can be a welcoming activity, dusting or wiping dust-laden surfaces can trigger asthma or allergic conditions.





So, here is a list of 10 cleaning tips that will help allergy and asthma sufferers maintain a shiny and dust-free abode in Canberra. Follow these hacks to reduce the risk of health hazards in your living space.

### 1. Wear an N-95 Face Mask When you Clean

Masks are one of the most effective protective gears to keep dust particles and allergy-prone bacteria from infiltrating your upper respiratory tracts. Doctors and health specialists recommend using an N-95 face mask if you are an allergy and asthma sufferer.

Surgical masks can block dust specks and harmful particles, letting you breathe filtered or clean air. They can also reduce the inhalation of cleaning chemicals, such as ammonia, bleach and other toxic fumes. So, you should always wear a mask before beginning the cleaning process.

### 2. Reduce Clutter As Much As Possible

There is no denying that unnecessary household items increase the amount of dirt and dander in the home. Clutter, such as extra clothing, kitchen items, storage boxes, papers, and knickknacks, is also a haven for common pests and lethal germs that can worsen allergies.

So, it is good to de-clutter your way to Zen and make your house look more spacious, clean and positive. You can reduce clutter room by room on a frequent basis and prevent the buildup of dust and debris.



### 3. Follow High to Low Cleaning Approach

Dusting random surfaces won't help you much. Instead, start the process from the highest spots, such as ceiling walls and fans, and work your way down towards windows, shelves, furniture, carpets and floors.

With this approach, you can easily fetch dust and dirt particles from all nooks and crannies. This will also prevent dust and microorganisms from falling and contaminating already spruced-up spots.

Professionals also follow this approach when performing a professional end of lease cleaning Canberra. They begin from the top and clean every inch of the premises to help tenants pass the rental inspection with ease.

#### 4. Use a damp Microfiber Cloth For Dusting

Say no to dry dusting, as it can worsen your allergy and asthma symptoms. Instead of using a feather duster, remove accumulated dust and loose debris with a damp microfiber cloth. This affordable cleaning tool can fetch tiny dust particles and other harmful allergens from hard surfaces in a breeze, promoting a clean, hygienic and healthy indoor environment.

Dampen the cloth in warm water, squeeze out excess water, and wipe down surfaces such as walls, light fixtures, windows, blinds, table tops, kitchen cabinets, countertops, bathroom tiles, etc.

The best part is that you can clean when don't have running water. Damp cloth can do wonders in achieving desired results.

#### 5. Use an Old Pillowcase to Clean Ceiling Fans

While using a long extendable duster can clean your ceilings and fan blades, it can also spread dust into the air, worsening your symptoms.

So, it is good to try this cleaning hack by sliding a clean pillowcase on the fan's blades. Gently glide the pillowcase out and lift accumulated dust and dirt without letting it fall on already-cleaned surfaces.

#### 6. Use HEPA-Filtered Vacuum Cleaner for Soft Furnishings and Carpets

Professional end of lease cleaning Canberra recommends regular vacuuming of carpets, upholstery furniture, blinds and floors. Invest in a HEPA filter and a suitable brush attachment to fetch 99.9 per cent of microorganisms and dust particles from delicate surfaces.



It can help remove harmful allergens, such as pet dander, pollen, and dust mites, that are embedded deep inside carpets, rugs, mattresses, and couches.

### 7. Wash Bed Linens and Soft Toys in Hot Water

Dust mites are one of the most common triggers of allergic asthma attacks. These bugs love to harbour in bed sheets, blankets, pillows and comforters. So, wash them in hot water (about 130 F) once a week to kill lurking germs and allergens.

Also, wash stuffed toys and other fabric-based items in hot water and dry it completely to ensure proper sanitisation.

### 8. Choose Eco-Friendly Cleaning Products over Store-Bought Cleaners

Ammonia, bleach, phthalates and other chemicals in traditional cleaning products can cause serious health hazards, especially if you are vulnerable to toxic fumes.

You can prepare organic cleaning products at home using vinegar, lemon, castile soap, rubbing alcohol, hydrogen peroxide and baking soda. Use DIY recipes to tackle stubborn stains, food spills, greasy ovens, soap scum, stained carpets, etc without any side effects.



### 9. Deep Clean the HVAC System

Clean and well-maintained HVAC systems can help you breathe better. They can promote healthy indoor air and suppress the symptoms of hay fever, respiratory disorders, chronic bronchitis, and asthma attacks.

So, ensure you deep clean the air duct systems and eliminate dust particles, pet dander and other harmful allergens. Use a vacuum machine to remove accumulated dust. For grime, spray white vinegar solution. In fact, replacing filters monthly can also promote clean indoor air quality.

### 10. Keep Mould Spores at Bay

Mould spores love to grow in damp and dark areas, such as bathroom walls, shower curtains, basement walls, carpets, etc. The worst part is that it can trigger the asthma condition and other allergy symptoms.

Make sure you inspect the potential areas carefully and remove mould stains using 3 per cent hydrogen peroxide. Spray the solution; leave it for a few minutes until you scrub with a brush or cloth. Rinse and dry the area to prevent further growth.

If you are at the end of your tenancy, book experts for a budget end of lease cleaning Canberra and secure your full bond money. They clean every nook and cranny with perfection and help you pass the rental inspection.

These are 10 most effective cleaning tips that will help allergy and asthma sufferers maintain a clean and pollutant-free house. You can follow these hacks, take safety precautions, and use eco-friendly products to keep dust, dirt, and grime at bay, ensuring clean indoor air.

## V. Three Reasons We Need A Better Fix For Unhealthy Indoor Air



One of the most crucial changes that occurred over the past few years is the renewed focus on a major underlying health concern: the quality of the indoor air we breathe. Left unchecked, poor indoor air will harm our health and our communities.

We spend 90% of our lives indoors, yet conversations around clean air have previously been centered on outdoor air quality. But that changed in 2020 when people started to demand that more be done to protect the well-being of our indoor public spaces where we work, live and play.

As people now realize the realities of how airborne viruses spread, there is demand for new methods of cleaning the shared spaces we occupy—ones that disinfect without harming people or the planet.

### Outdated Solutions Cause More Harm Than Good

Businesses have long used manual disinfection for their indoor spaces—but these options are harmful to people and to the environment, and don't actually clean the air. As the pandemic highlighted the risk associated with airborne pathogens, companies were left scrambling to address indoor air quality.

Many companies turned to options like HVAC systems, which weren't built to improve indoor air quality. These systems push air through buildings, but with the

intent to heat or cool, not to disinfect. And companies are running their HVAC systems 30%-50% more often as a band-aid solution to this indoor air circulation problem, resulting in more carbon emissions that are harmful to our planet.

## Health And Well-Being In Relation To Improved Air Quality

Communities are rightfully demanding a focus on healthier indoor environments. The push to proactively enable a higher standard of indoor air quality (IAQ) has gained momentum quickly, as evidenced by the Environmental Protection Agency's Clean Air in Buildings Challenge.

Research shows a link between the quality of indoor air and various health issues, including negative impacts on both physical and mental health. As a result, there has been an influx of new technologies to address problems with indoor air quality, such as HEPA filters, sensors that monitor air quality in real time and autonomous disinfection platforms.

## Protecting Our Workforce

Studies also show the impact of poor indoor air quality on job performance and student performance. A Harvard T.H. Chan School of Public Health study found that there are cost-efficient ways for buildings to improve indoor ventilation rates, which in turn, would improve employee productivity by thousands of dollars annually.

Companies can set their workers up for success by making indoor spaces safer and more sustainable, prioritizing their health in shared spaces where workers spend a significant amount of time each day.

The pandemic was a major catalyst in calling for actionable steps to achieve healthier indoor air. As a result, businesses are facing a growing demand to be accountable for the quality of their indoor air. We'll continue to see the implementation of new standards that will improve the health of our communities. The organizations that come out on top will be those which balance better health outcomes with sustainability and energy efficiency, keeping our spaces and communities safe for the long run.

## CONCLUSION

If you're suffering from allergies, it's important to identify the root of the problem to prevent reactions in the future. A simple, at-home Indoor and Outdoor Allergy Test may help you pinpoint the source of your allergy symptoms and find a solution quicker.

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