



YOUR ULTIMATE GUIDE

To Make Your Home Allergy-Free



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Abstract

Creating an allergy-free home in Melbourne is essential for ensuring comfort and health, especially with the city's seasonal pollen surges and fluctuating weather. Allergens such as dust, pollen, and pet dander can easily accumulate indoors, triggering asthma, hay fever, and other allergic reactions. By maintaining a clean, well-ventilated environment, using hypoallergenic materials, and incorporating air purifiers, you can significantly reduce the presence of these allergens. This is especially important in Melbourne, where outdoor pollutants and seasonal allergens are prevalent. An allergy-free home promotes better air quality, improved sleep, and overall well-being for everyone in the household.

1. Introduction

Creating an allergy-free home in Melbourne is vital for maintaining a healthy and comfortable living space, especially with the city's unpredictable climate and high pollen levels. Whether you're dealing with seasonal allergies, dust mites, or pet dander, taking proactive steps to reduce allergens indoors can make a significant difference. In this guide, we'll explore practical tips to transform your home into an allergy-safe haven. From improving air quality and choosing hypoallergenic materials to implementing effective cleaning routines, these strategies will help minimize allergens and create a more breathable, comfortable environment for you and your family in Melbourne.

2. These 9 Habits Could be Making Your Allergies Worse at Home

You may want to rethink those open windows if you're struggling with allergies right now.

It's that time of year again. You're coughing and sneezing. Your eyes are itchy and watery. Unfortunately, it's allergy season. If you feel like your symptoms are taking over your life right now, know you aren't alone. But you should also know that allergies don't come out of nowhere—and you could inadvertently be making yours worse if you aren't careful. Here are nine habits that could be exacerbating your allergies at home.

You Keep Your Windows Open

Sure a breeze feels nice, but is it worth a stuffy nose or itchy eyes? According to allergist-immunologist Jason Bellak, MD, the answer is no. "Although your house may feel a bit stuffy after being closed up all winter, resist the urge to throw open your windows for a breath of fresh air," he says.

Leaving your windows open invites allergens like pollen into your home. Miss the breeze? Bellak recommends running your air conditioner or a fan instead.

You Aren't Using an Air Purifier With a HEPA Filter

Dr. Bellak tells me even if you're careful to keep windows and doors closed, allergens can still sneak into your home. "Invest in High-Efficiency Particulate Air (HEPA) filters for an air cleaner for a single room," he says. "Check to see that the filter has a CADR (clean air delivery rate) that matches the size of the room where it will be used."

But don't just set it and forget it. You still need to change out the filters every three months.



You Wear Outdoor Clothing Indoors

Want to stop allergens in their tracks? Change your clothing right at the door when you get home. "Pollen and other allergens can stick to your clothing, shoes, hats, and other accessories," Dr. Bellak says. "As soon as you get home, ditch your outside clothes for a clean, pollen-free outfit."

But don't just throw your clothing on the floor. Take your outfit to the laundry room or toss things in the washer as soon as possible. Anything that needs to go to the dry cleaner should be kept in a separate bag.

You Aren't Showering at Night

Need an excuse for a little self-care? Your allergies are an excellent reason to add a shower to your nightly routine. "If you don't shower at night, it may be time to consider a switch," Dr. Bellak says. "Rinsing off before bed can wash away allergens that cling to your hair, face, and body throughout the day. It will also prevent you from transferring pollen to your pillow and bed."

You might even find showering before bed helps improve your sleep.

There's Too Much Carpeting or Fabric in Your Room

We all want to make our bedrooms ultra cozy, and for many of us that means filling them with plush pillows and soft rugs under foot. But, this could backfire when it comes to keeping allergy symptoms at bay. As Dr. Bellak explains, dust mites—which are a common allergen for many—can be found in mattresses, pillows, bedding, carpets, rugs, blankets, and more. Basically all the stuff that keeps us comfy at home can also be home to lots of irritating dust mites.

Vacuuming Isn't Part of Your Weekly Routine

If you get too busy to vacuum, it's essentially an open invitation for allergens to stick around at your house like a guest that's overstaying their welcome. Dr. Bellak suggests vacuuming weekly—or more often, if you have pets—to kick those allergens out.

There Are Pets in Your Bed

While it's nice to snuggle up with your furry friends—that scratchy allergy throat can be a hard trade-off. "Dogs, cats, and other furred pets, including rabbits, gerbils, and hamsters, should be kept out of the bedroom," Dr. Bellak says. "Keep the bedrooms as allergen-free as possible. You may not be allergic to your furry family member, but, if the pet goes outside, your pet may bring in allergens from the outside."

He also advises scheduling monthly grooming sessions to keep your pets extra clean and allergen-free.

You Don't Know What You're Allergic To

If you don't know what you're allergic to, it's hard to figure out the source on your own. So, it's a smart idea to go to an allergist for testing. "A board-certified allergist can help take the guesswork out of allergy management so you can better avoid allergy triggers," he says. "Also, be aware of when allergy season starts in your region. Check the internet for the specifics of pollen levels near you".

Your Allergy Meds Need to Be Switched Up

Go to any drugstore and you'll find a plethora of allergy meds on the shelf. So, if you try one and you aren't getting results—know there are other options. "For example, if antihistamines aren't working, it may be time to give nasal sprays a chance," Dr. Bellak says. "You may even consider allergen immunotherapy, also known as allergy shots, which can be extremely effective."

3. How To Make Your Home Allergy-Free And Eco-Friendly

If it feels like it's the worst allergy season yet, it's because it is. A recent study in the journal *Lancet Planetary Health* found that both airborne pollen counts and pollen season duration have increased as temperatures have climbed over the past 20 years. While controlling the atmosphere is impossible, there are many efforts we can make to live in a home that is less triggering of allergies and easier on our respiratory systems

Buy An Air Purifier

Buying a state-of-the-art air purifier like the Molekule requires the least amount of effort and is worth the investment in your health. Recommended by expert biohacker, Luke Storey, this appliance is truly "form meets function." It's the first air purifier to use Photo Electro-Chemical Oxidation (PECO) technology to destroy allergens on a microscopic level. Another bonus is that the aesthetic design of it is just as brilliant as the technology behind it. The Molekule is also portable, made from aluminum and unobtrusively fits into any interior design scheme.

Honeywell also has a good selection of air purifiers with HEPA filters for rooms of various sizes from extra large to desktop (perfect for the office). All are capable of removing 99.97% of microscopic allergens in the air. They are available in a range of prices with a variety of features including Bluetooth.

Edit Your Home

The first step to having a less toxic home is to get rid of clutter, furniture and decor that attracts dust. This doesn't mean you need to have an entirely empty space, but consider removing any excessive

items during peak allergy seasons. If you don't want to throw things out or give away items, consider switching up your accessories seasonally and refresh periodically.



Get Real About Chemicals

Erica Reiner of Eco Method Interiors specializes in designing health and eco-friendly homes and businesses. Her approach is to avoid products with chemicals as much as possible. “Unfortunately our country doesn’t have protective laws banning chemicals that are harmful to us through everyday products and the home goods industry is no different.”

It's unrealistic for most people to steer clear of absolutely everything that could potentially be harmful. So, she generally recommends avoiding anything with AZO dyes, softeners or fire retardants, PVC, phthalates, and VOCs. But to simplify, a good rule of thumb is to avoid home furnishings made with synthetic materials and choose items that are certified by third parties as non-harmful.

Choose Less Toxic Furniture

Safe furniture is easier to find than you might believe. Pottery Barn’s Comfort Eco Roll Arm Slip Covered Sofa is Greenguard Gold Certified. Six different covers and several customizable styles are available. This is a soft, comfortable piece of furniture that will look beautiful in contemporary or traditional homes.

Another option is Cisco Brothers. They have an entire line that is better for both people and the environment with everything from sofas to chairs, ottomans and even beds.

Switch Out Your Window Treatments

If you are allergic to dust, avoid fabric curtains because they are dust collectors. Reiner also suggests avoiding faux wood and PVC blinds. Swap them out for bamboo or wood window treatments instead. The Shade Store has many sophisticated, eco-friendly options and they will even measure your space at no cost.

Get Rid Of Carpeting

If you're building a new home or renovating, allergy sufferers should avoid carpeting. Reiner says cork flooring is the best for allergy sufferers because it's both naturally antimicrobial and fire retardant.

But if you must install carpeting, she says, "100% wool is a great option." Choosing carpet squares instead of traditional wall-to-wall carpeting. "With tiles, you can just replace one small area as it wears over the long term."

Buy A Good Vacuum Cleaner

A good vacuum cleaner is a necessity no matter what kind of flooring or furniture you have. The new Dyson V11 is a must-have for any home, but it's particularly essential for renters or homeowners who may be stuck with carpeting. This stick model has twice the suction of any cordless vacuum for a truly deep clean, capturing over 99% of microscopic dust particles. It even automatically adjusts for all type of flooring, so the settings don't need to be changed as you clean. There are even a variety of tools to clean every surface from upholstery to crevices, for dusting, etc.

Prevent Mold Before It Starts

Mold can happen at any time of the year. Both Dr. Wright and Reiner suggest using a dehumidifier in low ventilation areas of the home like basements.

Bathrooms without windows or adequate ventilation can be breeding grounds for mold and mildew, especially on towels. A heated towel rack like Amba's Radiant Wall Mount Electric Towel Warmer doesn't only inhibit the growth of mold and mildew on towels, but it makes a very sleek addition to any bathroom.

Change Your Bedding

Look for Oeko-Tex certified bedding, which is certified free of dyes and synthetic chemicals such as My Sheets Rock. This is a new brand of sheets made from 100% bamboo rayon. This fabric wicks away moisture and minimizes odors. It also maintains an average lower temperature (four degrees cooler) and with 50% less humidity than most sheets. So they are ideal for people who get sweaty at night. Even better, they feel soft as silk.

Luxury French brand Yves Delorme has a line of anti-allergy comforters and pillows made with a machine-washable alternative to down. So you can avoid dry cleaning chemicals and the high cost of professional cleaning.

Cover Your Pillows, Mattresses And Box Springs

Using anti-allergy covers for your pillows, mattresses and box springs is an easy fix. It also extends the life of your linens. Make sure both the mattress cover and pillow covers have zippered closures for complete protection.

4. How to Get Rid of Dust Mites for an Allergen-Free Home



Dust mites are unwelcome guests for anyone, but they are particularly brutal for people with allergies. Fortunately, there are plenty of tips for how to get rid of dust mites. A few household changes and sticking to a cleaning schedule can help you get a handle on the problem right away. And if you're prone to sneezing, here are the best cleaning products for people with allergies

Taking simple steps to help eliminate these pesky creatures can drastically improve your allergy symptoms. "While dust mites themselves are not harmful to most people, their feces can trigger allergic reactions in those who suffer from allergies and asthma," says Martin Seeley, CEO and sleep expert at MattressNextDay. "This includes respiratory problems and skin irritation, and in a worst-case scenario, they can even compromise a person's immune system."

What are dust mites?

Invisible to the naked eye, dust mites are microscopic creatures that thrive in warm and humid environments. According to Lauren Doss, owner of Nashville Maids, "dust mites appear in many homes, especially where there is high humidity and lots of dust." In other words, basically everyone has at least some dust mites in their home—particularly since dust mites consume dust and dead skin flakes (shed by people and their pets).

What do dust mites look like?

You can't see dust mites without a microscope. But if you could see them (or conveniently have a microscope on hand), they are oval and have eight legs. "They are translucent and have a white or cream color, which also makes them difficult to see against a light background," Seeley points out.

Where do dust mites come from?

Dust mites get into the house in a variety of ways. "This includes through ventilation systems, on clothes or furniture, or even on pets," Doss says. "They thrive in warm and humid environments, so it is important to keep your home dry and dust-free to reduce their presence."

How do I know if I have dust mites?

One sign of dust mites could simply be your body's reaction to them in the form of allergy symptoms. "Symptoms that readers should look out for include sneezing, coughing, runny nose, itchy and watery eyes and difficulty breathing," says Doss. "Dust mites are allergens because they produce proteins in their droppings and bodies, which can cause an allergic reaction when inhaled." As you begin to react to these allergens, your body releases histamine, a chemical that leads to allergic symptoms such as itching and sneezing.

How to get rid of dust mites?

Despite their size, dust mites can inhabit nearly every surface where people tend to spend a lot of time. Beds and mattresses—plus carpets and upholstered furniture—are just some of the usual suspects hosting dust mites. Here's what to do about it.

Vacuum regularly

Many people might not know that dust mites come into the home on clothing or shoes. So vacuuming the floors where dust mites can congregate is a great place to start. "Vacuum carpets and upholstered furniture at least once a week," says Fleming. This will prevent the buildup of both dust and dust mites inside your home. "But be sure to use a vacuum with a HEPA filter," he adds.

HEPA stands for "high-efficiency particulate air," and a vacuum with a HEPA filter can trap many very small particles better than other vacuums. "You should also remember to vacuum under your bed, as this is another dust-mite hotspot," says Seeley. If you're in the market for a new floor sweeper, try one of these dependable vacuum cleaners.

Wash your bedding

Dust mites consume dust, much of which contains human skin. So what better place for the dust mites to hang out than between the sheets? Fleming suggests washing bed sheets in hot water at 130 degrees once a week to ensure you've removed all dust mites from the bed's surface. To be extra careful, also dry your bedding on high heat (always check your sheets special care instructions). All this extra heat will kill the dust mites. While you're at it, consider cleaning other cloth you regularly come into contact with, like bath towels.

Reduce humidity

Because dust mites thrive in high humidity, make your home a less tempting environment for them by decreasing your humidity levels. Doss recommends keeping it between 35% and 50%. Chris Matthias, founder of House Adorable, recommends using a dehumidifier, as this device will remove moisture from the air. "It is nearly impossible to completely eliminate dust mites, as they are a natural part of our environment," he says.

Protect mattresses and pillows

"Using dust mite covers on mattresses and pillows creates a barrier between the dust mites and the person sleeping on the bed, reducing allergen exposure," says Fleming. Keeping a barrier between skin and potential dust mites will help keep those with allergies unaffected by the dust mites. Opt for hypoallergenic covers or a mattress protector.



Reconsider your carpeting

Instead, choose hardwood or tile floors. While “vacuuming helps to remove dust mites from carpets,” Doss says harder floors are better. With all their porous surfaces, carpets can house dust mites quite easily. “So avoid carpets and rugs if possible,” she says. Not to mention, it can be much easier to clean hardwood floors.

Get rid of clutter

Since dust accumulates in even the oddest of crevices, it’s wise to reduce dust-collecting clutter. “Limit the amount of clutter and dust collectors in your home, such as books, magazines and stuffed animals,” says Doss. And once you’ve gotten rid of the extra stuff, make sure to clean all those nooks and crannies you’ve uncovered.

Lower room temperatures

While not always ideal for people who tend to feel cold, retaining a cool temperature—less than 68 degrees—in your home will keep dust mites from multiplying. Keeping the environment unwelcome helps keep their numbers low enough that they can’t spread, says Matthias

5. Simple Ways to Reduce Allergens in Your Home

You're not just imagining it: Pollen allergy season gets worse every year. Hotter temps translate to more potent pollen, which comes from trees, grasses, flowers, and weeds, for a longer period of time. Ragweed, birch, sagebrush, cedar, and oak are some of the most common pollen allergens. And while you can't do much to control the weather, you can manage your indoor environment.

"The first line of treatment for allergies is avoidance," says Tania Elliott, M.D., a spokesperson for the American College of Allergy, Asthma & Immunology (ACAAI). Start by seeing an allergist to identify your triggers, such as pollen, dust mites, or pet dander. Then make some simple but powerful changes to allergy-proof every room of your home.

1. Stop outdoor allergens at the door.

Pollen particles cling to your shoes as you enter your home. To avoid tracking outdoor allergens inside, create a spot to remove shoes in the entryway. Implement a no-shoes policy and use an indoor mat to catch footwear right inside the door. Vacuum this area often during allergy season. Place a doormat outside (a water-resistant coir mat works well) to wipe off shoes before you cross the threshold.

2. Shed layers.

For serious allergy sufferers, remove as much clothing as you can as soon as you come inside. Leave jackets, scarves, and hats in your entryway or a closet. For those times when your kid has been playing flag football or you've been working in the yard, keep a hamper nearby (perhaps hidden in the coat closet or a mudroom) so you can isolate dirty clothing until it's time to do laundry. Remember to wash clothing on hot to kill allergens.

3. Wash away allergens.

Ideally, anyone with allergies who's been outdoors for a while should head straight to the shower after coming inside. If that sounds too laborious or you don't have time, try to wash your face and eyelids (eyelashes catch a lot of pollen) with a mild, fragrance-free cleanser, suggests Amy Shah, M.D., a board-certified allergist and immunologist and internal medicine physician in Phoenix.

4. Consider allergen-resistant flooring.

Wood and tile are ideal floorings for allergy sufferers. With the exception of cigarette smoke, "mold is the main problem indoors for many folks," says David Corry, M.D., professor of medicine in the section of immunology, allergy, and rheumatology at Baylor College of Medicine in Houston. "Even if you're not allergic to mold, it can get into your airways, start growing, and increase the risk of developing allergies, asthma, and chronic sinusitis."

If you love rugs, opt for short-pile or no-pile styles. (Thick, fluffy rugs trap allergens.) Short-weaves made from polypropylene or sisal are durable and easy to clean. Or splurge on wool, which is more resistant to mold than synthetics, Corry says.

5. Vacuum floors well.

No matter what covers your floor, remember to vacuum regularly and thoroughly. "Most people don't realize that the 'push' pass is a positioning move and the 'pull' pass is the one that actually does the cleaning job," says professional organizer and certified house cleaning technician Donna Smallin Kuper. "So slow down on the pull."

And be sure to buy a vacuum cleaner with HEPA filtration, which traps even the tiniest particles. A cyclonic vacuum that spins dirt away is also a good choice. If you have wall-to-wall carpeting, get it deep-cleaned (think steam cleaning or dry cleaning) on a regular basis if you're serious about nixing dust mites, she adds.

6. Clean fabric upholstery often.

Like carpet, fabric upholstery is a magnet for allergens. If your symptoms are bad and you can afford to redecorate, go for leather or faux leather. Pollen, dust, and dander should wipe right off. Otherwise, cover your sofa with a machine-washable slipcover and launder it (along with throws and pillow covers) weekly.

7. Choose houseplants carefully.

Most indoor plants don't contain the type of pollen that plagues seasonal allergy sufferers, and they may even help clean the air by absorbing volatile organic compounds (VOCs), lab studies show.¹ That said, plants can promote mold growth and collect dust. Occasionally, Elliott says, there can also be cross-reactivity between indoor plants and common outdoor allergens, meaning they might share similar proteins that can make you sneeze. If you're determined to bring some greenery indoors, you'll need to experiment to see what works for you.

6. The Best And Worst Flooring Options For Allergies



Choosing the right flooring option for your home is crucial, especially if you or someone in your family has allergies. People with conditions like asthma and chronic allergies are more vulnerable to dust, dirt, mould spores, and other household allergens. Thus, it becomes imperative to keep a house clean and organized.

One of the major culprits that can trigger your allergies is your flooring. For instance, a heavy-duty fabric carpet embeds dirt, pet fur, pollen, hair dander, and grime deep inside the fibres. The worst part is that keeping bulky carpets clean on a regular basis is the hardest task. This can pollute the indoor air and worsen asthma or allergy symptoms

On the other hand, hard floor types, like tile or wood, are the best because they are super easy to clean and maintain. So today, we will explore the list of best and worst flooring options for allergies

Read this guide carefully and make a well-informed decision before installing floors in your home, or you can check it before moving into a rental apartment in Melbourne, Victoria.

1. How Flooring Affects Your Allergies: Key Reasons & Impacts

Believe it or not! Floorings usually harbour harmful allergens in the form of dust, dirt and grime. Neglecting regular cleaning or proper vacuuming can pollute the indoor air and lead to various health concerns. So, here are key reasons how flooring affects your allergies:

Dust, Dirt and Allergens

Dust, dirt, pet hair, dead skin cells, pollen, mites and other allergens can easily infiltrate deep inside the fibres of carpets and crannies of your flooring. This can circulate air pollutants into the air, and people with allergies may experience symptoms like shortness of breath, a runny nose, sneezing, coughing and watery eyes

Thus, professionals vacuum the floors, especially carpets when performing a budget end of lease cleaning Melbourne, Victoria. This can make a huge difference in creating a healthy, hygienic and clean property.

Mould & Mildew

Mould and mildew grow in humid or damp areas, including flooring. The black or green spores can trigger allergies or asthma symptoms and cause serious health problems. To maintain a clean home, make sure you regularly check your carpets, walls, hardwood floors, etc.

Volatile Organic Compounds

These harmful chemicals are found in various flooring types, such as vinyl, laminate, and engineered hardwood. The adhesive is used to bind wood fibres, and this can trigger allergy reactions.

So, consider these factors and make the right decision when opting for an allergy-proof flooring type.

2. A List of Best Flooring Options for Allergies

There are varieties of floor types that are perfect for people with allergies. Make sure you do proper research and have a basic cleaning hack to keep them clean all year round:

Solid Hardwood: Easy to Clean & Maintain

Wooden flooring is an ideal option for allergy sufferers. It won't embed dust and loose debris, meaning keeping it clean and shiny is super-easy.

However, it is good to use mild cleaning detergent or hot water for stain removal. Also, do not use abrasive scrubbers to prevent damage.

Engineered Hardwood Floors: Affordable & Allergy-Proof

This is another hard flooring type, ideal for those with allergies and asthma. Engineered hardwood is made from different wood layers that don't trap allergens and tiny dust particles. The best part is that it is more moisture-resistant and requires minimal effort to keep it clean and dust-free

You can use robotic vacuum cleaner or other smart home devices for cleaning to keep floors shiny.

Laminate Flooring: Smooth and Non-Porous Surface

Many end of lease cleaning Melbourne experts believe laminate flooring is easy to vacuum and clean. It is also a great choice for allergy sufferers. Dust, pollen and pet hair can easily be vacuumed or mopped daily to reduce the triggering impact. In addition to this, laminate flooring is stain or spill-

resistant, preventing moisture and mould build-up. However, one downside is that it can give off VOCs to pollute the environment. But, there are low or zero-VOC products that you can opt for you have a special place for laminate flooring type.



Vinyl Flooring: A Better Option

It can be a better option for allergies than carpets or flooring with high VOCs. Install vinyl sheet flooring as it is easier to clean and requires zero effort to tackle dust and debris. Make sure you install vinyl sheet flooring, as it locks gaps, promoting a mould-free and healthy indoor environment.

Tiles and Stones: An Ideal Choice for Allergy Sufferers

Best known for durability, beautiful appearance, and variety, tiles and stones are considered the best hypoallergenic flooring options. However, natural stones with rugged edges can harbour dust particles, pollen, and even mould. So, install polished surfaces like marble. Also, take care of VOC levels during the adhesives and grouting procedure.

Bamboo & Cork: Natural Flooring Options

These can also be good flooring options. Both types are sustainable and easier to clean. However, it is good to check the ingredients in the sealants because it might contain high VOCs that can trigger your allergy.

Linoleum: Least Popular but allergy-proof

It is made from linseed oil and is highly biodegradable. This means you can easily mop the surface and get rid of dust, stains and grime in a breeze.

3. Worst Flooring Options for Allergy Sufferers

Make sure to make the right flooring choices if you have serious allergies and asthma symptoms. Here are some worst options to avoid:

Carpet Flooring: Embeds Dust and Allergens

Bulky and high-pile carpets are not ideal choices for allergy sufferers. Fabric or woollen carpets accumulate pesky dust and particles deep inside the fibres, causing various health concerns

It requires regular vacuuming using a HEPA filter and high-maintenance options to prevent the spread of mould, mildew, and grime. The worst part is that spills and splatters on carpets could lead to moisture that can breed mould spores, posing serious health threats for people with allergies.

If carpet is the only option, opt for a low-pile one and hire professionals for quality carpet cleaning Melbourne. They use the best tools and techniques to keep your carpet flooring clean, dust-free, and shiny.

Floors with High VOCs: Leaving Toxic Fumes

Floors with high volatile organic compounds can be harmful for the home environment. It is good to pay attention to adhesives used in engineered hardwood, vinyl, and laminate flooring, as they contain a high amount of toxins.

Tip: Check for labels and check the ingredients in sealants and adhesives before making the final decision.

4. Floor Cleaning Tips to Prevent Allergens

Here are a few cleaning tips to remember if you have allergies or asthma symptoms:

Regular Cleaning: Clean hard floorings regularly to prevent dust and dirt accumulation. Vacuum, sweep and mop floors.

Use HEPA-filtered Vacuums: They can trap pesky particles and allergens from carpets and other floors without leaving scratches behind.

Clean with a Microfiber Mop: It can trap dust and allergies efficiently and effectively.

Steam Cleaning: Hire professionals to steam clean your carpets to prevent dirt and mould infestation

Kill Mould: Use vinegar and hot water spray to tackle mould and mildew. Hydrogen peroxide can also tackle tough stains like mould, pet stains, etc.

Hire Experts: If your tenancy is ending, hire professionals for quality end of lease cleaning Melbourne and get your full bond back.

This comprehensive guide will help you understand the difference between the best and worst flooring options for allergy sufferers. Make sure you check all the pros and cons, VOCs in sealants and cleaning hacks to prevent the spread of dust, dirt and other allergens that can trigger your allergy or asthma symptoms.

7. Conclusion

In conclusion, making your home allergy-free in Melbourne requires consistent effort and mindful choices to minimize allergens like dust, pollen, and pet dander. By using air purifiers, regularly cleaning with HEPA-filtered vacuums, and selecting hypoallergenic materials, you can significantly improve

indoor air quality. Melbourne's seasonal changes can introduce more allergens, so it's essential to stay proactive with proper ventilation and cleaning routines. These small yet effective steps will help create a healthier, more comfortable living environment, reducing allergy symptoms and enhancing the overall well-being of everyone in your household.

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