



Allergy Control Starts Here



Call our allergy experts at
1.800.ALLERGY (255.3749)
or visit www.AllergyControl.com

1 Encase

Scientific studies show the importance of covering pillows, mattresses, box springs and comforters in allergy encasings to avoid inhaling allergens while sleeping. Dust mites thrive in any stuffed bedding so encasings are critical for finding nighttime symptom relief.

2 Wash

Wash linens, blankets and any un-encased bedding weekly in hot water to kill mites and remove allergens. If hot water is not possible, wash with a special allergen-removing laundry product.

3 Clean

Extend and prioritize cleaning throughout the home, using these 6 steps as a guide to minimize indoor allergens. Allergy sufferers should avoid being home when cleaning is done or wear a face mask when doing their own cleaning.

4 Remove

Remove, treat or clean carpet, curtains and upholstered furniture. Hardwood or tile floors, along with wipeable blinds and furniture (such as leather), are preferred. Treat carpet and clean with an allergen-containing HEPA vacuum.

5 Filter

HEPA filtration products and high efficiency MERV air filters are designed to offer advanced filtration of airborne allergens that pass through these filters to prevent allergens from circulating in the air in your home.

6 Purify

Airborne allergens, especially pet allergens, can be reduced by using an air cleaner. Dust mites and molds thrive in humid environments, so if you live in a humid area, buy a dehumidifier or use air conditioning. Keeping humidity levels between 35-40% and air clean reduces allergy symptoms.