



Removing Allergy Triggers from your Home

It's never easy living with allergies, but Rug Doctor has several tips to make it a bit easier for you and your loved ones. Use the following methods in conjunction when using your Rug Doctor Carpet Cleaner.

What you can't see, harms most.

- Your carpet is harmed most by what you can't see. A clean-looking carpet hides as much as a pound of dirt per square yard. Regular Rug Doctor hot-water extraction cleaning removes allergens, dirt and grime. It also adds years of life to your carpet by extracting grit which harms carpet fibers. The [EPA](#) recommends deep cleaning carpet every three to six months.
- Vacuum weekly and use your Rug Doctor at least every three to six months to remove dust mites, pollen and pet hair from your home. Just going over your carpet with a dry vacuum will not clean your carpet entirely. **Rug Doctor's Anti-Allergen Carpet Cleaner** is specially formulated to target and remove indoor allergens. .
- When dusting, do so with a damp cloth to trap dust and keep it from rematerializing in the air.
- Wash bed linens, including sheets, pillow cases and blankets; also any other cloth-covered items (think throw pillows and stuffed animals) weekly in hot water and consider using protective bedding products, such as mattress and pillow covers to create a barrier. If you have pets, don't forget to wash their linens and cloth-covered toys, as well.

Filtration is key.

- Carpet is the biggest and best air filter in your home. Vacuum frequently and be sure to do routine **Rug Doctor hot-water extraction cleaning** to your carpet.
- Make sure you have a HEPA air filter for your home. HEPA filters trap 99.97 percent of airborne particles (i.e. dust mites, pollen, dander and mold). For people in the home with severe allergies, it is helpful to have portable HEPA air filters or air purifiers in each room – especially bedrooms.
- High temperatures in your home can make dust mites, and allergies, worse. People with severe allergies should keep home temperatures no higher than 70° Fahrenheit for cleaner air.

Take it away!

- Persons with severe allergies should keep worn clothes away from the bedroom, especially bed linens and pillows, as well as other fabrics such as curtains and couches to avoid transferring allergens. **By using Rug Doctor's Upholstery Cleaner and Upholstery had tool you can get in hard-to-reach spots to remove dust and dirt.**

Ask the pros.

- Seek a professional allergist/immunologist for additional tips for daily living with allergies in your home.

For additional cleaning tips, rental or Rug Doctor information, visit: www.RugDoctor.com