

## 4 COMMON INDOOR ALLERGENS and HOW TO PREVENT THEM

Millions of people suffer from indoor/outdoor allergies yearly. These allergies are particles that cause allergy symptoms such as the runny nose, itchy throat, nose or eyes, sneezing, and stuffiness. The symptoms are caused by allergic reactions due to antibodies traveling to cells that release chemicals causing them. When these symptoms occur always, the condition is known as perennial allergic rhinitis.

Allergens can also trigger asthma in people with allergic asthma. An air purifier can help eliminate all indoor allergens by dragging the air in your home through HEPA filter, trapping the particles mechanically, thereby circulating only the purified air in your home.

Here at Galmiche & Sons, an [HVAC Company](#) in St. Louis, we always ensure that you and your family maintain a healthy living with clean and purified air. We have HVAC professionals to handle regular springtime [HVAC cleaning and maintenance](#), which will help reduce indoor allergens in your home.

For all your HVAC need, contact us or call us at 314-993-1110.

### How to Get Rid of the 4 Common Indoor Allergens in Your Home

#### 1. Dust Mites

These [indoor allergens](#) commonly trigger allergy and asthma symptoms. They are microscopic organisms found in the house and thrive in warm, humid environments such as bedding, carpeting, upholstery, and they feed on things like dead skin, dust, and hair. Controlling these allergens may be difficult since they are microscopic and invisible to the ordinary eye.

**How to eliminate it:** Because so much time is spent in the bedroom, reducing dust mite level is necessary.

- Mattresses, pillows, and box springs should be encased in special allergen-free or dust-proof covers to keep dust mites away.
- Hot water at 130-degrees Fahrenheit should be used to wash beddings and blankets weekly and dried in a hot dryer.
- HEPA vacuum should be used on carpets and upholstery weekly, and a wet or damp cloth should also be used when dusting, to avoid releasing indoor allergens into the air with dry cloths.
- Use a dehumidifier or air conditioner to maintain low humidity in your home, which will help prevent dust mites from multiplying.

#### 2. Pet Allergens

Pet allergy is an allergen found in dander (dead skin flakes), saliva (which covers pet hair), or urine of an animal with fur. Pet allergy symptoms occur within minutes of exposure.

**How to eliminate it:** Keeping pets outside the home cannot eliminate animal allergens from the home completely. Here are a few ways to reduce pet allergens:

- Vacuum the carpets regularly with a HEPA-filtered vacuum or replace carpet with tile or hardwood floor.
- Minimize pet contact and keep them out of the bedroom and away from rugs.
- Bathe and brush your pet occasionally to reduce pet dander.
- Airborne pet dander can be reduced in the home with the use of HEPA air purifier but it must be operated for at least four hours daily.

### 3. Cockroaches

Cockroaches are found in highly populated urban areas and commercial buildings. Their presence in your environment doesn't mean you have a dirty home. Breathing difficulty and sickness may occur due to indoor allergens from cockroaches and their carcass.

**How to eliminate it:** Indoor allergens from these creatures can be eliminated easily.

- Cockroach survives with water, so to eliminate them, seal and fix all leaky faucets and pipes.
- Block all entries where cockroach can enter the house, set up traps or hire an exterminator to get rid of the remaining ones.
- Keep food and leftovers in lidded containers and wash dishes immediately after use.
- Dispose of garbage and recyclables in lidded garbage containers in the kitchen or throughout your home.

### 4. Indoor Mold

Indoor molds and mildew thrive in a damp, humid environment such as basements, bathrooms, or anywhere with leaks. They are indoor allergens which can cause breathing issues by releasing dangerous spores.

**How to eliminate it:** Reducing dampness in your home can help tackle mold growth but there are other ways to eliminate it:

- Mold growth can be eliminated on hard surfaces by using a mixture of water, detergent, and 5% bleach to clean the surface and dry the area completely.
- Repair and seal leaky pipes.
- A dehumidifier should be used in humid areas like the basement, but always empty the water and clean the units regularly.
- Ventilate and clean basement and rooms, kitchen and bathrooms to avoid mold and mildew growth.
- Avoid storing items in damp areas or carpeting on damp floors.

### Contact Galmiche & Sons to eliminate all Indoor Allergens

Don't allow indoor allergens to affect your health and your family, get a defense by contacting a professional. Get in touch with Galmiche & Sons, St. Louis, for your [Heating and Air Conditioning](#) maintenance and get that indoor allergen eliminated in your home. Contact us today or call us at 314-993-1110.