

Alleviate Allergies: A Guide to Improving Indoor Air Quality



Concentrations of air pollutants can be two to five, sometimes 100, times greater indoors than outside, according to a [report](#) by the U.S. Environmental Protection Agency. The same report also found that Americans spend nearly 90% of their time indoors.

With the pandemic, people are subjected to these indoor irritants at a greater rate. Because of this prolonged exposure, allergy sufferers should maintain a air quality. As an asthma specialist from the Massachusetts General Hospital, I have used my research to create the following guide to **improving indoor air quality to alleviate hay fever [symptoms](#)**.

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Clean Consistently

The average carpet can hold as much as a pound of dirt or more. They're a haven for allergens, dust, and pet hair. While pets may be our furry friends, their fur and skin are hazardous to immune systems, but consistently cleaning can improve air quality.

To **control pet dander's** impact on air quality:

- Allow only certain rooms for your pet to roam.
- Use pet furniture and clean it often.
- Groom your pets frequently.
- Vacuum twice a week.

Vacuuming twice a week with a HEPA-certified filter can ensure that dirt and dander aren't accumulating in carpets and air. However, be wary of vacuums with poor filters that can kick up as much dust as they capture.

Durable Appliances' ElectroZoom XL has a patent-pending, **hypoallergenic filter** called GermStat that can remove 99.97% of all particles as small as 0.3 microns in size. With a reliable vacuum, you can combat this accumulation to alleviate symptoms of allergies or asthma.

Reduce Moisture

Mold spores are hostile on immune systems. Be careful of developing spots of mold that'll lower air quality, especially black mold. To effectively **prevent mold spores**:

- Check proper ventilation in rooms.
- Use [dehumidifiers](#).
- Make sure there aren't any leaking pipes.
- Clean visible spots of mold and disinfect them.

Allergies shouldn't control our lives. By cleaning consistently and keeping watch for mold in our homes, hay fever symptoms will be diminished so you can enjoy spending time at home. Comment below to share your own methods for reducing indoor irritants.

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