ALLERGENS AND RUGS:

Cleaning Practices for a Healthier Home

Over 100 million Americans experience allergies annually, with allergens in rugs significantly exacerbating respiratory allergies and asthma.

Common Allergens Found in Rugs



DUST MITES

- Thrive in warm, humid environments.
- Feed on dead skin cells.
- Common trigger for asthma and allergic rhinitis.

PET DANDER

- Consists of tiny, even microscopic, flecks of skin shed by cats, dogs, rodents, birds, and other animals with fur or feathers.
- Can cause severe allergic reactions and exacerbate asthma.



MOLD

- Grows in damp, warm environments.
- allergic reactions and respiratory issues.

Spores can trigger

Can be tracked indoors on

POLLEN

- shoes, clothing, and pets. Triggers seasonal allergies
- when present in indoor rugs.





Use a vacuum cleaner with a HEPA filter to capture

- tiny particles. Vacuum at least twice a week to reduce allergen buildup.



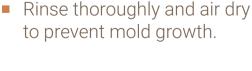
Steam cleaning can kill dust mites and remove

WALL-TO-WALL CARPETING

- deep-seated dirt. Recommended at least once every six months.



Use a gentle detergent and lukewarm water.





levels below 50% to prevent

- mold growth. Use dehumidifiers in damp areas of the home.



Bathe pets regularly to reduce dander.



- Hire professional cleaners for a deep clean at least once a year.
- and non-toxic cleaning agents.

Ensure they use allergen-friendly



loudcloudhealth.com/resources/allergy-statistics