

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



1

DUST MITES

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



2

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.



3

MOLD

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



4

POLLEN

- Can be tracked indoors on shoes, clothing, and pets.
- Triggers seasonal allergies when present in indoor rugs.



Effective Cleaning Practices



REGULAR VACUUMING

- Use a vacuum cleaner with a HEPA filter to capture tiny particles.
- Vacuum at least twice a week to reduce allergen buildup.



STEAM CLEANING FOR WALL-TO-WALL CARPETING

- Steam cleaning can kill dust mites and remove deep-seated dirt.
- Recommended at least once every six months.



HAND WASHING FOR HANDMADE WOOL AREA RUG

- Use a gentle detergent and lukewarm water.
- Rinse thoroughly and air dry to prevent mold growth.



DEHUMIDIFIERS

- Maintain indoor humidity levels below 50% to prevent mold growth.
- Use dehumidifiers in damp areas of the home.



PET CARE

- Bathe pets regularly to reduce dander.



PROFESSIONAL CLEANING

- Hire professional cleaners for a deep clean at least once a year.
- Ensure they use allergen-friendly and non-toxic cleaning agents.