

How to create an allergen-free home for perennial allergy sufferers

If you're like millions of Canadians, you may have noticed that your allergy symptoms don't improve in the fall, but in fact usually start to worsen. That's probably because you suffer from what doctors call perennial allergic rhinitis.

All it means is that your allergies aren't seasonal ones like hay fever and ragweed, which only come at specific times of the year.

So if it's not seasonal, why is it worse now? During the fall and winter, you are probably more exposed to the things that make you allergic. That's because you tend to spend more time locked up indoors where the things that make you allergic year-round are most commonly found. They include dust, mould and animal dander. It may be easier to think of perennial allergies as indoor allergies.

The best thing to do short of avoiding the indoors is to eliminate or reduce the allergens in your home. To ensure your home is an allergen-free-oasis, keep your indoor air as clean as possible by following these tips:

- Forbid any pets from ever entering your bedrooms. Even after a single entry, an animal's dander will hang around for a very long time. Actually, if you're allergic to animal dander, you should always keep pets out of doors. You should also bathe them (even cats) regularly.

- Replace feather, down or kapok pillows and comforters with synthetic ones, preferably foam.

- Encase mattresses and pillows in special allergy covers that are plastic on one side and cotton on the other.



This will trap the dust under the covers so you won't be exposed to it.

- Remove carpets since they contain over 95 per cent of all dust in the room. If you decide to keep a rug, make sure it is washable and clean it in

hot water once a month.

- Don't forget to clean radiators, vents and the furnace during your fall winterizing efforts.

- Wash window-ledges and shower stalls with a disinfectant or chlorine

bleach once every three months.

- Vacuum twice a week with either a central vacuum cleaner or a vacuum equipped with a High Efficiency Particulate Air (HEPA) filter. A regular vacuum cleaner will only stir up allergens and increase their number in the air by tenfold.

Unfortunately for most people, cleaning the house isn't always enough. If too little outdoor air enters your home it won't matter how much you try to control these allergens, they and other indoor pollutants, such as gases, molds and chemicals will inevitably accumulate to levels that can pose health and comfort problems.

According to the Canadian Lung Association the best ways to eliminate the effects of allergies and other harmful indoor pollutants, beside source control, are filtration and ventilation.

The latest innovation in air exchanger systems works to combine both ventilation and state of the art filtration in one efficient system.

Manufactured by Canadian-based Venmar Ventilation, the new air exchanger systems ensure you will be getting the freshest possible air through proper ventilation, while the unit's state-of-the-art HEPA filtration system keeps those unwanted airborne allergens such as pollen, dust, pet dander mold and bacteria out.

More information on maintaining healthy indoor air quality in your home is available at www.venmar.ca.

—News Canada

Johnson Associates

HALTON LTD., BROKERAGE

(905) 877-5165

Local/Toronto

Elizabeth Doell

Sales Rep.



www.lizsellshomes.com

E-mail: edoell@trebnet.com



OPEN HOUSE - SUN. OCT. 29, 2-4 P.M.
26 HALL ROAD, UNIT 712



RARELY AVAILABLE! ROYAL ASCOT CONDO
\$228,900!

Lovely 1 bedroom plus den with terrific east exposure. Sought after building beautifully and meticulously maintained. Superb unit in terrific condition. Oak kitchen, ceramic floors, large master bedroom, balcony. Open concept unit in immaculate condition.

Call **Elizabeth Doell*** to view this unit today!

WALKOUT BASEMENT



AN EXCLUSIVE OFFERING
IT'S A STUNNER - \$699,900

Gorgeous country home. 2 acres in Ballinafad. Stunning cherry kitchen, w/o basement, custom bathroom, 4+ bedrooms, 3 bay garage. 06-537-91

MUST BE SEEN!

Call **Elizabeth Doell*** for more information.



RAVINE - VIEWS - ESTATE LOT!
ONLY \$619,900

Yes, you can have it all. This huge sidesplit is located in the charming Village of Stewarttown on a private executive court. 4 bedrooms, 3 baths, 3 bay garage, multiple walkouts and a long private treed drive are only a few of the fine features complementing this lovely family home. Updates throughout including windows, flooring, baths, broadloom, heating and C.A.C. A magnificent offering.

Call **Elizabeth Doell*** today for your appointment.



2 VACANT LOTS starting at \$119,900

ONLY \$349,900
THIS COULD BE YOURS!

Custom new home on a fabulous lot in Acton overlooking treed ravine. 3 bedroom home with all the bells and whistles - large mature lot on a quiet crescent in Town.

Call **Elizabeth Doell*** details.

\$349,900



GORGEOUS 5.4 ACRES
JUST NORTH OF GLEN WILLIAMS

Fabulous lot located close to town, just north of the Glen. Pond, trees and rolling land surrounded by 40 acres private parkland exclusively owned by the property owners in this wonderful small development. Act today, this is an opportunity of a lifetime.

05-668-VL

Call **Elizabeth Doell*** for more information.

\$254,900



THE CHARM OF YESTERYEAR -
THE BENEFITS OF NEW!

Fabulous renovated century home located on a mature lot overlooking treed ravine in old Acton. This semi is like new including wiring, plumbing, heating, flooring, baths, kitchen, windows, siding!! To see it is to believe it! It's amazing. 06-451-90

Call **Elizabeth Doell*** today to view this amazing home.



A GOLDEN OPPORTUNITY!
ONLY \$299,900!

Over 26 acres of treed paradise in the heart of one of Ontario's beautiful lake districts. Located just outside of South River, this fabulous home and property features a fully developed home and property. Large, heated shop, small horse barn, seasonal stream., 2 road frontages, all within commuting distance to Orillia, North Bay and Algonquin. Thinking of the perfect vacation home? Retiring? 06-451-90

Call **Elizabeth Doell*** for more information.

RENTALS

3 - 1 bedroom units
in Historic Rockwood
starting at

\$600 plus utilities.

Gas fireplaces - renovated!

Call **Elizabeth Doell***
for more information.