

TIPS FOR ALLERGY SUFFERERS

If you suffer from allergies, you don't have to just sneeze and bear them. First of all, you can take the following 9 simple steps to minimize your exposure to the irritants. Then, if you're still sneezing and sniffing, you can follow step 10: Talk to your doctor or pharmacist to learn more about taking control of your allergies.

1

Vacuum frequently, particularly in the bedroom. And don't forget your mattress. It's a common place for dust to collect.



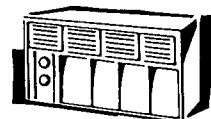
2

Eliminate your exposure to cigarette or cigar smoke. Ask visitors to your home to refrain from smoking; avoid smoke-filled public places.



3

Use your air conditioner and make sure the filter is clean. Also, a room air filter is helpful in keeping the air clean.



4

Use Dacron® or foam pillows instead of goose down, and wash them frequently.



5

Leave plants in the backyard. If you must have house plants, keep them out of the bedroom, and keep the leaves clean.



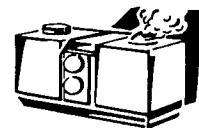
6

Regularly wash damp areas of your home, such as shower stalls, basements, and window sills. This will reduce growth of molds.



7

Use a humidifier to keep the humidity in your home between 35% and 50%, which is the ideal for allergy sufferers.



8

Remove "dust collectors" such as rugs, drapes, stuffed furniture, stored blankets, and woolens from your bedroom.



9

If you are allergic to dogs or cats, remove them from your home. Avoid these animals as much as possible when visiting friends or relatives.



10

Talk to your doctor or pharmacist about medicines that may alleviate the symptoms of your allergies. Both nonprescription and prescription medicines have been found to be effective.

