



For Cleaner, Fresher and Healthier Air to Breathe.

Air Pollution ... Is a Real Threat to Your Health.

TIPS FOR ALLERGY SUFFERERS

The first objective in treatment of allergic disorders is to eliminate allergens from the environment which the allergic person is exposed to. The following suggestions are useful in providing an environment in your living quarters that will be as free of allergen(s) as possible.

VACUUM CLEANING: Vacuum frequently, particularly in the bedroom. Do not forget your mattress: it's a common place for dust to collect. Note that almost all vacuum cleaner manufacturers now sell collection bags for their vacuum cleaners that have built-in micron filters to retain allergens in the bag. These bags are usually labeled "*For Allergy Sufferers*," and are much more efficient in preventing allergens from escaping through the bag into the vacuum cleaner's exhaust than is the case for the regular bags sold.

CIGARETTE AND CIGAR SMOKE: Eliminate your exposure to cigarette or cigar smoke. Ask visitors to your living quarters to refrain from smoking; avoid smoke-filled public places.

AIR CONDITIONERS: Be sure that the filter on your air conditioning unit is clean and free of mold growth. You may want to use a room air filter or electrostatic air purifier especially in your bedroom to keep the air you breathe as clean and free of allergens as possible. Remember that the use of fans in your bedroom can stir up allergens and promote allergic reactions.

PILLOWS AND MATTRESSES: Use Dacron® or foam pillows instead of goose down; wash them frequently. If you do not have a hypoallergenic pillow or mattress, buy plastic encasements for those you have and seal them within these encasements.

HOUSE PLANTS: Leave plants in the garden. If you must have house plants, keep them out of the bedroom and keep their leaves clean. Remember that soils used for growing plants must be watered, and that mold and fungi grow in moist soil.

DAMP AREAS: Damp areas in your home (shower stalls, basements, window sills) should be regularly washed to reduce mold growth. Use a diluted solution (1:10) of bleach. Be sure that you wash with bleach in the presence of good ventilation, and use rubber gloves to protect your hands from the oxidative action of the bleach.

ROOM HUMIDIFICATION: Use a humidifier to keep the humidity in your living quarters between 35-50%. This is ideal humidification for allergy sufferers. Make sure you wash the humidifier regularly to prevent mold growth.

DUST COLLECTORS: Remove "dust collectors" such as rugs, drapes, stuffed furniture, stored blankets, woolens, and stuffed toys from your bedroom. Do not change clothes that

you have worked outside in, in your bedroom. Keep outside clothes in a room other than your bedroom.

PETS: If you are allergic to dogs, cats or other pets, remove them from your living quarters. Avoid animals that you are allergic to as much as possible when visiting friends or relatives.

BEDROOM VENTILATION AT NIGHT: Since many pollens are released in the early morning hours (2-4 am), keep bedroom windows closed to prevent their entry at night. If you live in your own home, do not store firewood near your bedroom windows. Stored wood tends to accumulate molds whose spores are often allergenic. Similarly, plants which you are allergic to should not be grown near your bedroom windows.

TIME INDOORS: Remember that a good part of the time you spend in your living quarters is spent in the bedroom sleeping. Therefore, keep the bedroom as your cleanest room.

REMEMBER: THE BEST TREATMENT FOR ALLERGIES IS THE REMOVAL OF ALLERGENS FROM YOUR ENVIRONMENT. THE MORE SUCCESSFUL YOU ARE AT DOING THIS, THE MORE SUCCESSFUL YOU WILL BE IN AVOIDING THE USE OF DRUGS AND MEDICATIONS!

Fabulous Aire™ Revitalisers can assist you with your allergies.

The Fabulous Aire™ Revitaliser:

- **Purifies** - Traps and Removes airborne particles such as dust, pollen, microbe, chemicals and other air pollutants with it's water based air filtration system
- **Sanitises** - Neutralizes airborne bacteria, viruses and fungi with essential oil vapour
- **Revitalises** - Vapourises essential oils to provide aroma-therapeutic benefits for respiratory conditions and general well-being during breathing
- **Humidifies** - Increases moisture in the air and enhances oxygen levels
- **Ionises** - Increases negative ions to eliminate static and assist in lowering of stress
- **Deodorizes and Refreshes** - Eliminates bad smell from food, smoke, dander, household chemicals and other odours and leaves a refreshing ambience

Fabulous Aire™ Provides

- Cleaner, Fresher and Healthier Air to Breathe
- Aroma therapeutic assistance:
 - For easier breathing, relaxation and a better night's sleep
 - To improve mental concentration, productivity and emotional well-being
 - To reduce stress, allergies and skin conditions
 - To create a refreshing and invigorating ambience indoors
- Elimination of microbes, unwanted odours and chemicals that can cause irritation to the eyes, nose, throat and lungs.

The **Fabulous Aire™ Revitaliser** will go a long way to remove pollutants from biomass fuels indoors, thereby improving the health of those exposed.

Contact Fabulous Aire™ at Tel: +27 21 981 1748 - Fax: +27 21 981 7951

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